NUTRITION FACTS LABEL

Check the serving size.	Nutrition Servings Per Container: 8 Serving Size: 2/3 cup (55g)		
	Amount Per Serving Calories	230	Low fat is
		% Daily Value*	good.
	Total Fat 8g	10%	(3g or less)
	Saturated Fat 1g	5%	
	<i>Trans</i> Fat 0g	0%	Eat less
Check total	Cholesterol 0mg	0%	of these.
carbohydrate.	Sodium 160mg	7%	
(Sugars are part of total carbohydrate. Don't count twice.)	Total Carbohydrate 37g	13%	
	Dietary Fiber 4g	14%	High fiber is
	Sugars 12g		good.
	Includes 10g Added St	ugar 20%	(3g or more)
Avoid added	Protein 3g		
sugars.	Vitamin D 2mcg	10%	
	Calcium 260mg	20%	
	Iron 8mg	45%	
	Potassium 235mg	6%	
	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Illustration only.

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