

NUTRITION FACTS LABEL

Check the serving size.

Nutrition Facts	
Servings Per Container: 8 Serving Size: 2/3 cup (55g)	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Sugars 12g	
Includes 10g Added Sugar	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Low fat is good.
(3g or less)

Eat less of these.

High fiber is good.
(3g or more)

Check total carbohydrate.

(Sugars are part of total carbohydrate. Don't count twice.)

Avoid added sugars.

Illustration only.