

NUTRITION FACTS LABEL

Check serving size

Nutrition Facts	
Serving Size: 1/2 cup (40g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 7
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Check total carbohydrate

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

Low fat is good (3g or less)

Eat less of these

High fiber is good (3g or more)

Illustration only.