

NUTRITION FACTS LABEL

Check
serving size

Nutrition Facts	
Serving Size: 1/2 cup (40g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 155	Calories from Fat 27
	% 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.