

¿Qué hay exactamente en la **ETIQUETA DE INFORMACIÓN NUTRICIONAL?**

Nutrition Facts

Serving Size oz.
Serving Per Container

Amount Per Serving:

| Calories | Calories From Fat | |
|--------------------|-------------------|----------------|
| | | % Daily value* |
| Total Fat | | % |
| Saturated Fat | | % |
| Trans Fat | | |
| Cholesterol | | % |
| Sodium | | % |
| Total Carbohydrate | | % |
| Dietary Fiber | | % |
| Sugars | | |
| Protein | | |

*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Porciones por envase

Muestra el número total de porciones en todo el paquete o envase de alimentos. Es común que un paquete de comida contenga más de una porción.

Tamaño de la porción

Esta sección le dice cuál es el tamaño de la porción, y toda la información nutricional que se detalla a continuación se basa en UN tamaño de porción.

| Nutrition Facts | |
|---|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (180g) |
| Amount per serving | |
| Calories | 245 |
| % Daily Value* | |
| Total Fat 12g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 8mg | 3% |
| Sodium 210mg | 9% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 5g | |
| Includes 4g Added Sugars | 8% |
| Protein 11g | |
| Vitamin D 4mcg | 20% |
| Calcium 210mg | 16% |
| Iron 4mg | 22% |
| Potassium 380mg | 8% |
| <small>*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.</small> | |

| Nutrition Facts | |
|--|-----------------------|
| 4 servings per container | |
| Serving size | 1 cup (180g) |
| Amount per serving | |
| Calories | 245 |
| | % Daily Value* |
| Total Fat 12g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 8mg | 3% |
| Sodium 210mg | 9% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 5g | |
| Includes 4g Added Sugars | 8% |
| Protein 11g | |
| Vitamin D 4mcg | 20% |
| Calcium 210mg | 16% |
| Iron 4mg | 22% |
| Potassium 380mg | 8% |
| *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. | |

Calorías

Saber cuántas calorías está consumiendo ayuda con el control del peso.



¡Limite estos nutrientes!

Demasiadas grasas saturadas, grasas trans, colesterol, sodio y azúcar pueden provocar aumento de peso, enfermedades cardíacas y otras enfermedades crónicas.

Nutrition Facts

4 servings per container

Serving size 1 cup (180g)

Amount per serving

Calories 245

% Daily Value*

Total Fat 12g 14%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 8mg 3%

Sodium 210mg 9%

Total Carbohydrate 34g 12%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 4g Added Sugars 8%

Protein 11g

Vitamin D 4mcg 20%

Calcium 210mg 16%

Iron 4mg 22%

Potassium 380mg 8%

*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.

¡Obtenga suficiente de estos nutrientes!

Las vitaminas, los minerales y la fibra ayudan a que su cuerpo funcione correctamente.

| Nutrition Facts | |
|--|---------------------|
| 4 servings per container | |
| Serving size | 1 cup (180g) |
| Amount per serving | |
| Calories | 245 |
| % Daily Value* | |
| Total Fat 12g | 14% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 8mg | 3% |
| Sodium 210mg | 9% |
| Total Carbohydrate 34g | 12% |
| Dietary Fiber 7g | 25% |
| Total Sugars 5g | |
| Includes 4g Added Sugars | 8% |
| Protein 11g | |
| Vitamin D 4mcg | 20% |
| Calcium 210mg | 16% |
| Iron 4mg | 22% |
| Potassium 380mg | 8% |
| *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. | |