

# What exactly is on the **NUTRITION FACTS LABEL?**

## Nutrition Facts

Serving Size oz.  
Serving Per Container

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Amount Per Serving:

Calories	Calories From Fat	
		% Daily value*
<b>Total Fat</b>		%
Saturated Fat		%
Trans Fat		
<b>Cholesterol</b>		%
<b>Sodium</b>		%
<b>Total Carbohydrate</b>		%
Dietary Fiber		%
Sugars		
<b>Protein</b>		

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



## Servings per container

Servings Per Container shows the total number of servings in the entire food package or container. It is common for one package of food to contain more than one serving.

## Serving Size

This section tells you what the serving size is, and all the nutrition information listed below is based on ONE serving size.

<b>Nutrition Facts</b>	
4 servings per container	
<b>Serving size</b>	<b>1 cup (180g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>245</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 12g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 8mg	<b>3%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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>	



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## Calories Count

Keeping track of how many calories you are getting helps with weight management.



## Limit these Nutrients

Too much saturated fat, trans fat, cholesterol, sodium, and sugar can lead to weight gain, heart disease, and other chronic diseases.

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## Get Enough of these Nutrients

Vitamins, minerals and fiber help keep your body working properly.

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## Quick guide to % Daily Value

5% or less is LOW  
20% or more is HIGH

\*% is based on 2000 calorie diet