

The **SERVING SIZE** is based on the amount of food most people eat at one time

**SERVINGS PER CONTAINER:** This is the number of servings in the entire container.

**CALORIES** measure how much energy you get from one serving of a particular food. The label also tells you how many calories come from fat. Divide “calories from fat” by “calories” to find the percentage of calories that come from fat. In a healthy diet, about 20% to 35% of calories should come from fat.

**FAT & CHOLESTEROL:** Total fat is the amount of fat in one serving. The different types of fat (saturated, mono-saturated, polyunsaturated, and trans fat) may be listed separately. A healthy diet limits consumption of saturated and trans fats and cholesterol.

A healthy diet includes no more than 2400mg of **SODIUM** (salt) each day. Too much sodium may contribute to high blood pressure.

**PROTEIN** helps build muscle. Lean meats, fish, nuts, eggs, and dry beans are good sources.

# Nutrition Facts

Serving Size ½ cup (114g)  
Servings Per Container 4

## Amount Per Serving

**Calories** 90      **Calories from Fat** 30

		% Daily Value*
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	300mg	<b>13%</b>
<b>Total Carbohydrate</b>	13g	<b>4%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	3g	
<b>Protein</b>	3g	
Vitamin A	80%	• Vitamin C 60%
Calcium	4%	• 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:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

The **PERCENT DAILY VALUE** shows how much of the recommended amounts of these nutrients are in one serving. These percentages are based on a 2000 calorie diet.

**CARBOHYDRATES**, which include sugar, starches, and fiber, give you energy. About half a person’s daily calories should come from carbohydrates. A healthy diet includes more carbohydrates from “dietary fiber” than from “sugars”.

**VITAMINS & MINERALS:** Only vitamin A, vitamin C, calcium and iron are required on the food label.

**RECOMMENDED AMOUNTS:** This area of the label shows how a food fits into the overall daily diet. The recommended daily amounts for total fat, saturated fat, cholesterol, sodium, carbohydrates, and fiber are shown for both a 2000 calorie diet, and a 2500 calorie diet.