

Food Label

Nutrition facts			
Serving Size 1/2 cup (114 g)			
Servings Per Container 4			
Amount Per Serving			
Calories	90	Calories from Fat	30
% Daily Value*			
Total Fat	3g		5%
Saturated Fat	0g		0%
Cholesterol	0 mg		0%
Sodium	300 mg		13%
Total Carbohydrate	13g		4%
Dietary Fiber	3g		12%
Sugars	3g		
Protein	3g		
Vitamin A	80%	Vitamin C	60%
Calcium	4%	Iron	4%
*Percent Daily Values are based on a 2000 calorie diet. Your daily values vary depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300mg	375g
Fiber		25g	30g
Calories per gram			
Fat 9 - Carbohydrate 4 - Protein 4			