

Lists the number of servings in the entire food package as well as in a single serving size.

A unit of measurement used to define the amount of energy a food provides the body.

A macronutrient that provides energy, stores energy, and helps digest certain vitamins.

Refers to the mineral table salt, or sodium chloride.

A macronutrient which supplies energy to support bodily functions and physical activity.

Nutrition Facts

8 servings per container

Serving size 4 cookies (31g)

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 115mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Total Sugars 12g

Includes 11g Added Sugars 22%

Protein 2g 4%

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 0mg 0%

Potassium 25mg 0%

*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.

The portion of plant-derived food that cannot be completely broken down by digestive enzymes.

Sum of naturally occurring sugars and added sugars.

A macronutrient needed to maintain bone, muscle, and skin health.

Section where vitamin and mineral contents of food are listed.

The percent each nutrient provided in one serving of the food based on recommendations for a 2,000 calorie diet.

Fiber		Servings
Sugar		Calories
Protein		Fat
Vitamins & Minerals		Sodium
% Daily Value		Carbohydrates