

Nutrition Facts Label EXPLAINED

Start here - Always read the serving size for what you're eating.

Quick guide - under 5% is low, 20% and above is too high.

Limit your intake of these in purple.

Eat plenty of these in orange.

Footnotes - details on calories and nutrients.

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 40

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 1g

Protein 3g

Vitamin A **10%**

Vitamin C **8%**

Calcium **20%**

Iron **45%**

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value 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

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Guidebook To Nutritional Factors In Foods

David A. Phillips



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Reference Sources, 1982 Terry Silver,1984-12

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