

# Nutrition Facts

Serving Size 1 cup (228g)

Servings per Container 2

## Amount Per Serving

Calories 280 Calories from Fat 120

% Daily Value\*

Total Fat 13g 20%

Saturated Fat 5g 25%

Trans Fat 2g

Cholesterol 2mg 10%

Sodium 660mg 28%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 0%

Sugars 5g

Protein 5g

Vitamin A 4% Vitamin C 2%

Calcium 15% Iron 4%

\*Percent Daily Values are based on a diet of 2,000 calories a day. 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
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Serving Size

Look at the serving size. All of the information on the label is based on this portion

## Servings Per Container

The number of servings contained in the package

## Guidelines for Carbohydrate

Look at the total grams of carbohydrate in the serving size

1 carbohydrate choice= 15 grams of carbohydrate

## Range of Carbohydrate Grams Per Choice

Carbohydrate Grams/Choice	Carbohydrate Choices
6-10	½
11-20	1
21-25	1 ½
26-35	2
36-40	2 ½
41-50	3
51-55	3 ½
56-65	4
66-70	4 ½
71-80	5