

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* 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.	

1

2

3

4

5

6

## 1 Serving Size

This will tell you **how much** of the food contains all the nutrient amounts listed. It's usually expressed in a count, volume, or weight. Above it is how many servings are in the entire package.

## 2 Calories

This is how many calories are in **one serving**. The calories come from the total carbohydrate, fat, and protein in one serving of the item.

## 3 Fat and Sodium

The items in yellow are important indicators for heart health. Try aiming for values **less than 20%** under the "% Daily Value" column (5-15% is preferable). Here you can also see types of fat.

## 4 Carbohydrates

Fiber and sugar will contribute to the total carbohydrate. Foods with fiber **greater than 20%** of the % Daily Value are high sources. The new label also shows how much sugar is **added**.

## 5 Protein

Protein in foods varies greatly depending on composition and processing. Protein does not have a % Daily Value listed to the right because **individual needs** vary greatly.

## 6 Micronutrients

The nutrition facts label recently changed to reflect micronutrients (vitamins & minerals) that research shows the population may lack. Most adults require the same amount of these.