

# Nutrition Facts Label

## What You Need to Know

Start here!

When comparing foods be sure to look at **servicing size** to make accurate comparisons to the number of **servings per container**.

### Be Aware of Added Sugars

**Total Sugars** includes both naturally occurring sugars, like fructose and lactose found in fruit and milk, and added sugars.

### Get Enough of These Nutrients

Eat more fiber, vitamin D, calcium, iron and potassium to maintain good health. Most Americans do not get the recommended amount of these nutrients.

Nutrition Facts	
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>
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	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.

### Calories

The number of calories in a single serving.

### % Daily Values:

- 5% or less is considered low.
- 20% or more is considered high.

### Limit These Nutrients

Limit saturated fat, trans fat, cholesterol, sodium and added sugars.



### Ingredients

The ingredients list is found below the nutrition facts label. Ingredients are listed in descending order, with the largest amount listed first.