

Nutrition Labeling

Nutrition Facts			
Serving Size ½ cup (114g)			
Servings Per Container 4			
Amount Per Serving			
Calories 90	Calories from Fat 30		
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% Daily Values*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13g	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3g			
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Vitamin A 80%	• Vitamin C 60%		
Calcium 4%	• Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. 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
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

FDA requires nutrition labeling for most foods
Includes information on calories, nutrient contents

Includes recommended daily allowances of nutrients

$$\begin{array}{r} \text{Cal} \\ 2,500 \\ \hline \end{array}$$

Fat < 65g
 Sat Fat < 20g
 Chol < 300 mg
 Na < 2,400mg
 Tot Carbs 300mg
 Daily Fiber 25g

$$\begin{array}{r} \text{Cal} \\ 2,500 \\ \hline \end{array}$$
 < 65g
 < 25g
 300mg
 2,400mg
 375g
 30g

Fats 9
 Carbs 4
 Protein 4