

**Nutrition Facts (information for label)**

Serving Size: ½ cup xxxxxx (weight in grams)

Calories	#	
Calories from Fat	#	
Total Fat	# g	#%
Saturated Fat	# g	#%
Trans Fat	# g	
Cholesterol	# mg	#%
Sodium	# mg	#%
Total Carbohydrate	# g	#%
Dietary Fiber	# g	#%
Sugars	# g	
Protein	# g	
Vitamin A		#%
Vitamin C		#%
Calcium		#%
Iron		#%

**SAMPLE - Nutrition Facts (information for label)**

Serving Size: ½ cup raw zucchini, sliced (57g)

Calories	9	
Calories from Fat	1	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	6mg	0%
Total Carbohydrate	2g	1%
Dietary Fiber	1g	2%
Sugars	1g	
Protein	1g	
Vitamin A		2%
Vitamin C		16%
Calcium		1%
Iron		1%