

Label 1

Nutrition Facts	
Serving Size 1/2 cup (54g) (About 1 cup cooked) Servings Per Container: about 7	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 42g	14%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
*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

Label 2

Nutrition Facts	
Serving Size 1 cup (49g) Servings Per Container: about 9	
Amount Per Serving	
Calories 190	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 38g	13%
Dietary Fiber 3g	14%
Sugars 13g	
Protein 4g	
Vitamin A	10%
Vitamin C	2%
Calcium	10%
Iron	35%
*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

Label 3

Nutrition Facts	
Serving Size 1/2 cup (120ml) Servings Per Container: about 2.5	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Cholesterol 10mg	3%
Sodium 890mg	37%
Total Carbohydrate 8g	3%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%
*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