

Servings per container refer to the number of servings found in this container.

Amount per serving refers to the nutrient content for each serving of food.

This section lists the recommended daily limits of fat, saturated fat, cholesterol, and sodium, plus amounts of carbohydrates and fiber one should aim for on a daily basis for diets of 2,000 and 2,500 calories.

Nutrition Facts

Serving Size 1/2 cup (114 g)
 Servings Per Container 4

Amount Per Serving

Calories: 90 Calories from Fat 30

		% Daily Value*
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	
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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300g	300g
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300mg	375mg
Dietary Fiber	25g	30g

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

The **servings size** refers to the average amount or portion a person should eat at one time.

% Daily Value is based on a 2,000-calorie daily diet. These values may be higher or lower based on the number of calories in one's diet. One should aim for 100% each day of total carbohydrate, dietary fiber, vitamins, and minerals and not exceed 100% for total fat, sodium and cholesterol.