

1.

## Nutrition Facts

Serving Size: 12 oz (360mL)

Amount Per Serving		% Daily Value*	
<b>Calories</b> 150	Calories from Fat 0		
<b>Total Fat</b> 0g			
Saturated Fat 0g			
Cholesterol 0mg			
Sodium 15mg			
<b>Total Carbohydrate</b> 39g			
Dietary Fiber 0g			
Sugars 39g			
<b>Protein</b> 0g			
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
* Percent Daily values are based on a 2,000 calorie diet. Your daily value 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			

2.

## Nutrition Facts

Serving Size: 1 cup (240mL)

Amount Per Serving		% Daily Value*	
<b>Calories</b> 120	Calories from Fat 45		
<b>Total Fat</b> 5g			
Saturated Fat 3g			
Cholesterol 20mg			
Sodium 125mg			
<b>Total Carbohydrate</b> 12g			
Dietary Fiber 0g			
Sugars 11g			
<b>Protein</b> 8g			
Vitamin A 10% • Vitamin C 4%			
Calcium 30% • Iron 0%			
* Percent Daily values are based on a 2,000 calorie diet. Your daily value 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			

### Video Label Handout A