

THE NUTRITION FACTS PANEL

What does it all mean?

Serving size: The serving size is usually less than most people eat. If you eat 2 servings, make sure you double all of the calories and daily values.

Fat: The total amount of fat in one serving. Try to limit the amount of saturated fat and trans fat you eat.

Cholesterol: Try to eat less than 300mg each day.

Sodium: Try to eat less than 2400mg of sodium (salt) each day.

Carbohydrates: Help give you energy. Found in breads, pastas, fruits, and veggies. Fiber is a type of carbohydrate and helps to regulate the digestive system. Try to eat 20-30g of fiber each day.

Protein: Helps build muscle. Found in meats, nuts, eggs, fish, and beans.

Nutrition Facts	
Serving Size ½ cup (114g)	
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
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	

Calorie: A measure of energy use. The amount of calories you need in a day depends on several factors such as your height, weight, and age.

% Daily Value: Shows how much of the recommended amounts of nutrients are in one serving (based on a 2,000 calorie diet). The goal is to eat no more than 100% of each nutrient each day.

Vitamins and Minerals: This shows you how much of the recommended amount of certain vitamins and minerals are in the food. Your goal is to reach for 100% of each vitamin and mineral everyday.

Recommended amounts: Here you can see the recommended daily amount for each nutrient for a 2,000 calorie diet and a 2,500 calorie diet.

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