

Nutrition Label

Serving size ½ cup (60g)

Serving per container 2

Amount per serving

Calories 200 Calories from fat 60

% daily value

Total Fat 5g

Saturated fat 3g

Unsaturated fat 2g

Trans fats 0g

Cholesterol 30g

Sodium 240mg

Total Carbohydrates 45g

Dietary Fiber 5g

Sugars 3g

Protein 7g

Vitamin A 2% • Vitamin C 20%

Calcium 45% • Iron 15%

The Facts

The food label is based on one serving, however there may be more than 1 serving in a package. If you consume more than 1 serving make sure you adjust the label accordingly.

Monitor your fat intake closely to help fight/prevent heart disease.

Choose products that contain less than 5g of total fat
less than 3g sat fat
and no *trans* fats

Sodium can increase your blood pressure. Try to keep sodium intake under 240mg per serving or 550mg per meal.

It is important to eat the correct amount of carbohydrates to keep your blood sugars under control and avoid extra calories.

Dietary fiber will help to reduce your cholesterol, improve blood sugars, and lose weight. Try to look for whole grain products that at least 5gm of fiber per serving you will consume.

Protein is important nutrient that should be eaten at every meal. Choose lean or low fat protein.