

# Nutrition Facts

4 Servings Per Container

**Serving Size** 1/2 cup (114g)

**Amount Per Serving**  
**Calories** 90

**% Daily Value\***

<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 10g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	<b>10%</b>
Calcium 260mg	<b>20%</b>
Iron 8mg	<b>45%</b>
Potassium 235mg	<b>6%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Daily Value

Daily Values are listed based on a 2,000-calorie daily eating plan. Your calorie and nutrient needs may be a little bit more or less based on your age, sex, and activity level (see <https://fnic.nal.usda.gov/fnic/interactiveDRI/>). For saturated fat, sugars and added sugars, and sodium, choose foods with a low % Daily Value. For dietary fiber, vitamins, and minerals, your Daily Value goal is to reach 100% of each.

**Ingredients:** This portion of the label lists all of the foods and additives contained in a product, in order from the most prevalent ingredient to the least.

**Allergens:** This portion of the label identifies which of the most common allergens may be present in the product.

(More nutrients may be listed on some labels)

mg = milligrams (1,000 mg = 1 g)

g = grams (about 28 g = 1 ounce)

## Serving Size

The label presents serving sizes as the amount that most people actually consume in a sitting. This is not necessarily the same as how much one should eat per serving. All of the nutrition information on the label is based on one serving. If you eat one-half of the serving size shown here, cut the nutrient and calorie values in half.

## Total Fat

Fat is calorie-dense and, if consumed in large portions, can increase the risk of weight problems. While once vilified, most fat, in and of itself, is not bad.

## Cholesterol

Many foods that are high in cholesterol are also high in saturated fat, which can contribute to heart disease. Dietary cholesterol itself likely does not cause health problems.

## Sodium

You call it "salt," the label calls it "sodium." Either way, it may add up to high blood pressure in some people. So, keep your sodium intake low—less than 2,300 mg each day. (The American Heart Association recommends no more than 3,000 mg of sodium per day for healthy adults.)

## Sugars

Too much sugar contributes to weight gain and increased risk of diseases like diabetes and fatty liver disease. Foods like fruits and dairy products contain natural sugars (fructose and lactose), but also may contain added sugars. It is best to consume no more than 10% of total calories from added sugar, or a total of 50 g per day based on a 2,000-calorie eating plan.

## Vitamins and Minerals

Your goal here is 100% of each for the day. Don't count on one food to do it all. Let a combination of foods add up to a winning score.

## Calories

Are you trying to lose weight? Cut back a little on calories. Look here to see how a serving of the food adds to your daily total. A 5'4", 138-lb active woman needs about 2,200 calories each day. A 5'10", 174-lb active man needs about 2,900.

## Saturated Fat

Saturated fat is part of the total fat in food. It is listed separately because it is an important player in raising blood cholesterol and your risk of heart disease. Eat less!

## Trans Fat

Trans fat works a lot like saturated fat, except it is worse. This fat starts out as a liquid unsaturated fat, but then food manufacturers add some hydrogen to it, turning it into a solid saturated fat (that is what "partially hydrogenated" means when you see it in the food ingredients). They do this to increase the shelf-life of the product, but in the body the trans fat damages the blood vessels and contributes to increasing blood cholesterol and the risk of heart disease.

## Total Carbohydrate

Carbohydrates are in foods like bread, potatoes, fruits, and vegetables, as well as processed foods. Carbohydrate is further broken down into dietary fiber and sugars. Consume foods high in fiber often and those high in sugars, especially added sugars, less often.

## Dietary Fiber

Grandmother called it "roughage," but her advice to eat more is still up-to-date! That goes for both soluble and insoluble kinds of dietary fiber. Fruits, vegetables, whole-grain foods, beans, and peas are all good sources and can help reduce the risk of heart disease and cancer.

## Protein

Most Americans get more than they need. Eat small servings of lean meat, fish, and poultry. Use skim or low-fat milk, yogurt, and cheese. Try vegetable proteins like beans, grains, and cereals.