NUTRITION FACTS LABEL

Check serving size

Check total carbohydrate

(Sugars are part of total carbohydrate. Don't count twice.)

Nutrition Facts

Serving Size: 1/2 cup (40g)
Servings Per Container: 13

Amount Per Serving

Calories 150 Calories from Fat 7

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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.

Illustration only.

Low fat is good

(3g or less)

Eat less of these

High fiber is good

(3g or more)

CLINICA family health
303.650.4460 www.clinica.org

Provided by Clinica Family Health.
© 2006 Learning About Diabetes, Inc.
All rights reserved. Rev. 2015