

NUTRITION FACTS LABEL

Check serving size

| Nutrition Facts | |
|-------------------------------|-----------------------------|
| Serving Size: 1/2 cup (40g) | |
| Servings Per Container: 13 | |
| Amount Per Serving | |
| Calories 155 | Calories from Fat 27 |
| | % 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.

Low fat is good (3g or less)

Eat less of these

High fiber is good (3g or more)

Check total carbohydrate

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

Illustration only.