## NUTRITION FACTS LABEL

| Check the serving size. | Nutrition Facts |  | Low fat is good. <br> (3g or less) |
| :---: | :---: | :---: | :---: |
|  | Servings Per Container: 8 Serving Size: $2 / 3$ cup ( 55 g ) |  |  |
|  | Amount Per Serving Calories | 30 |  |
|  |  | Value* |  |
|  | Total Fat 8 g | 10\% |  |
|  | Saturated Fat 19 | 5\% | Eat less of these. |
|  | Trans Fat 0g | 0\% |  |
| Check total carbohydrate. <br> (Sugars are part of total carbohydrate Don't count twice.) | Cholesterol Omg | 0\% |  |
|  | Sodium 160mg $\quad$, | 7\% |  |
|  | Total Carbohydrate 37g | 13\% | High fiber is good. <br> (3g or more) |
|  | Dietary Fiber 4g | 14\% |  |
|  | Sugars 12g |  |  |
| Avoid added sugars. | - Includes 10g Added Sugar | 20\% |  |
|  | Protein 3g |  |  |
|  | Vitamin D 2mcg | 10\% |  |
|  | Calcium 260mg | 20\% |  |
|  | Iron 8mg | 45\% |  |
|  | Potassium 235mg | 6\% |  |
|  |  | $\begin{aligned} & \text { serving } \\ & \text { Ised for } \end{aligned}$ |  |

