Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250	Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
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:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Many products assumed to provide one serving per package are listed as providing two or more servings. If you eat more than one serving as listed, you'll need to increase the total carbohydrate grams counted accordingly.

This is the weight of the product according to the listed serving size; it can be mistaken for the carbohydrate grams.

The total carbohydrate grams means all of the ingredients that will affect blood sugar (dietary fiber, sugars, starches, and sugar alcohols) are included.

Converting Total Carbohydrate Grams on Food Labels to Carbs

Total Carbohydrate Grams	Total Carb Servings or Carbs Counted*
0 to 5	0
6 to 10	1/2
11 to 20	1
21 to 25	11/2
26 to 35	2

15 g carbohydrate = 1 carb