

The New Food Label at a Glance

Check Serving Size →

Total Fat 3g or less →
-No Sat Fats or as low as possible

Sodium 300mg or less →

Dietary fiber, 3g → or more is best

Nutrition Facts

4 Servings Per Container

Serving Size ½ cup (114g)

Amount Per ½ cup

Calories 90

	%Daily Value
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Monounsaturated 1.5g	
Polyunsaturated 1g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary fiber 3g	12%
Sugars 3g	
Added Sugar 10g	
Protein 3g	
Vitamin D 2mcg	80%
Calcium 260mg	4%
Iron 8mg	4%
Potassium 235mg	60%

4g = 1 tsp
this is 2.5 tsp