

**START
HERE**

1

Nutrition Facts

Serving Size 1 cup (228mg)

Servings Per Container 2

Amount Per Serving

Calories 260 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 13g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **15%**

Iron **4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

2 CHECK SERVING SIZE

The Nutrition Facts information is based on a standard serving size. Know how many servings are in the package.

3 CHECK CALORIE COUNT.

4 Don't eat too much of these.

5 CHECK SATURATED & TRANS FATS

- Both fats are unhealthy for your heart.
- Saturated fats should be less than 2 grams (2g) per serving.
- Trans fats should be zero grams (0g) per serving.

5 Make sure you get enough of these.

6 Choose foods with at least 3g DIETARY FIBER.

7 Choose foods with less than 10g of SUGAR per serving.

8 REMEMBER, the label shows information per serving. If you eat 2 servings, you are getting twice as much as the serving size.