

Nutrition Facts

Serving size 1 Package (396 g)

Servings per container 1

Amount per serving

Calories 360	Calories from fat 70
	% Daily Value*
Total Fat 7 g	11%
Saturated fat 3 g	15%
Cholesterol 40 mg	13%
Sodium 870 mg	36%
Total Carbohydrate 47 g	16%
Dietary Fiber 5 g	22%
Sugars 6 g	
Protein 26 g	

Vitamin A 90%

Vitamin C 15%

Calcium 20%

Iron 15%

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

Calories per gram:

Fat 9

Carbohydrate 4

Protein 4

Serving size: Each label must list a serving size. This may or may not be a serving size that you normally use. For instance, the serving size of some bread is 2 slices and on other it is 1 slice. Check the serving size, calories, and total carbohydrates to make decisions about how much you should eat.

Calories: This is the number of calories in a serving. Although a product may have “sugar free” on the label, it may have as many or more calories as its “with sugar” product.

Total carbohydrates: This is the total number of carbohydrate grams in one serving. If you are using a carbohydrate counting system for meal planning, remember that one “carb unit” is 15 grams of carbohydrate.

Martha Winter, MS, RD and
Karen Chapman-Novakofski, RD, PhD, 2003

State County Local Groups United States Department of Agriculture Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.

University of Illinois Extension is based in the U of I College of Agricultural, Consumer and Environmental Sciences (ACES), 20

