

08/15/2014

Nutrition Facts	
Serving Size (82g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 110mg	37%
Sodium 280mg	12%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 8g	
Vitamin A 4%	• Vitamin C 0%
Calcium 8%	• Iron 8%
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

