

Ingredient List

People who have special dietary needs because of allergies, health or religious reasons will find the ingredient labeling helpful:

- * Ingredient labeling is required on almost all foods. Even simple foods like mayonnaise, bread and ice cream must have ingredient lists.
- * Common allergens are listed. Food labels must state, in plain English, whether a product has milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, or soybeans.
- * The percentage of a juice beverage that is really fruit juice must be stated.

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Nutrition Labels



Nutrition Facts

Serving sizes are in common household measurements. →

Serving Size 2.5 oz. (70 g/about 1 cup)
Servings Per Container about 3

Amount Per Serving (as prepared)

Calories 410 **Calories from Fat** 170
% Daily Value*

← % Daily Value shows how a food fits into the overall daily diet.

Total Fat 18g 28%

Saturated Fat 4g 21%

Trans Fat 0g

Cholesterol 10mg 4%

Sodium 710mg 30%

Total Carbohydrate 49g 16%

Dietary Fiber 1g 6%

Sugars 9g

Protein 11g

Vitamin A 15% • Vitamin C 0%

Calcium 10% • Iron 15%

These numbers can help you avoid eating too much fat, saturated fat, *trans* fat, cholesterol and sodium.

These numbers can help you get enough dietary fiber, vitamin A, vitamin C, calcium and iron.

Nutrients listed are important to the health of today's consumer.

* 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	
Fiber		25g	30g	

Daily Values are based on recommended nutrient intakes when eating 2,000 calories per day. Daily Values are also listed for persons eating 2,500 calories per day.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4