

## 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.

## 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