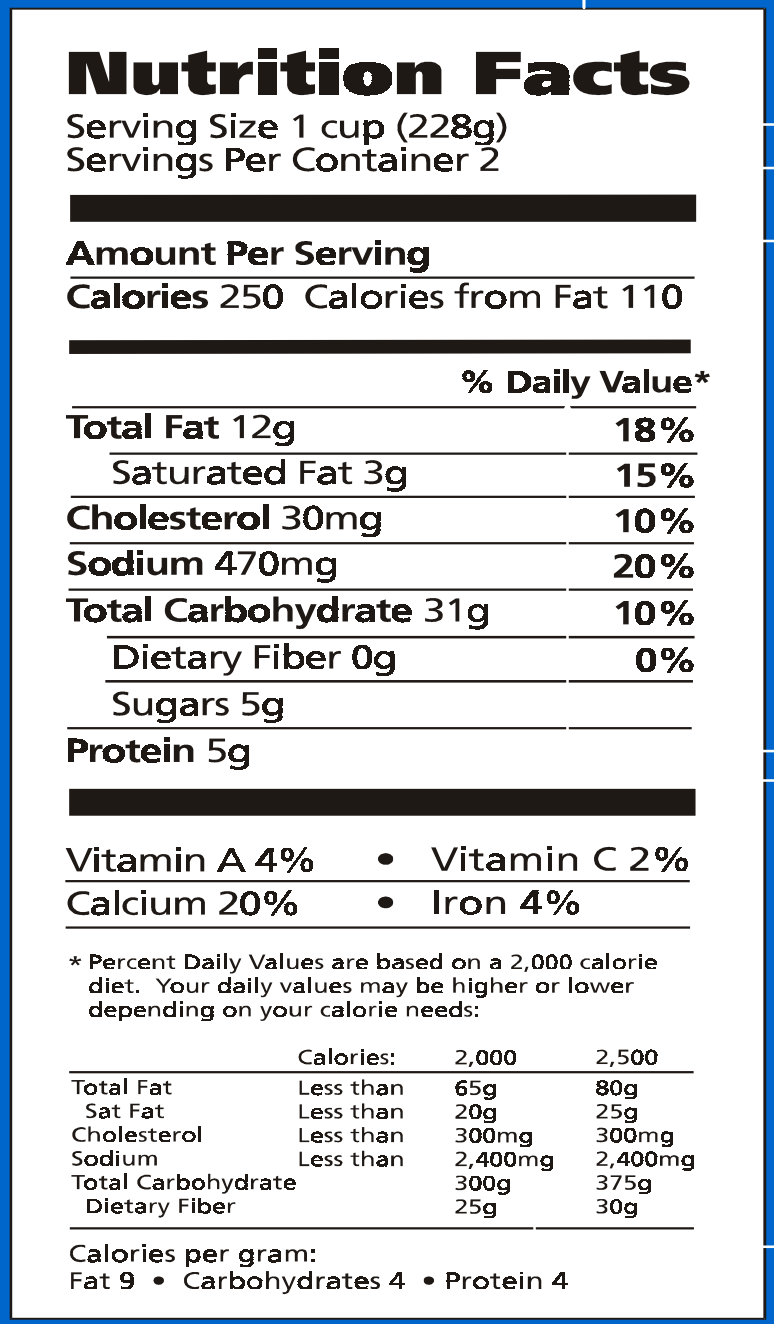


Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 Calories from Fat 110

	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%

* 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
Sat 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 • Carbohydrates 4 • Protein 4

Serving

Number of servings

Nutrients in one serving.

- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams
- Sodium in milligrams

The " % Daily Value" shows you how much of the recommended amounts the food provides in one serving,

Here is the recommended daily amount for each nutrient for two calorie levels.

Fat Matters, But Calories Count

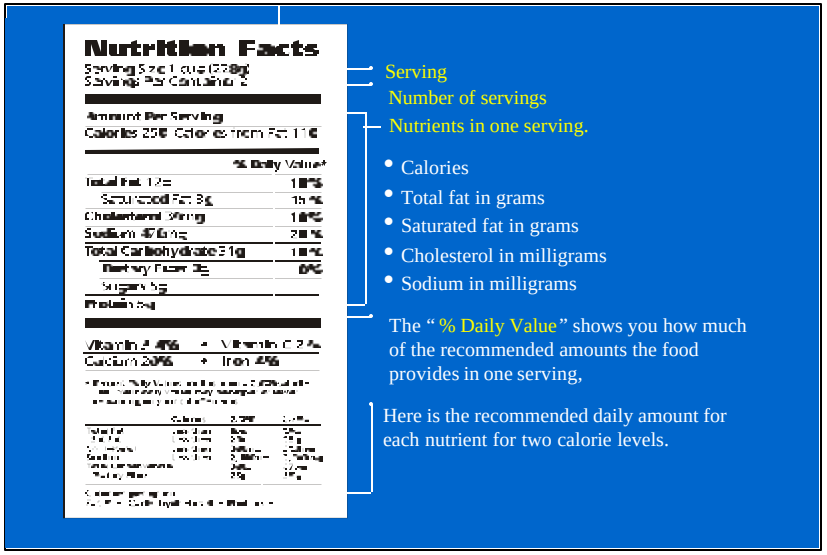
Read the nutrition labels and compare the calories in products.

1 Fig Cookie

- – Fat free 51 calories
- – Regular 56 calories

- **1/2 cup Vanilla Frozen Yogurt**
  - – Nonfat 100 calories
  - – Regular 104 calories
- **2 Tbsp. Peanut Butter**
  - – Reduced Fat 187 calories
  - – Regular 191 calories

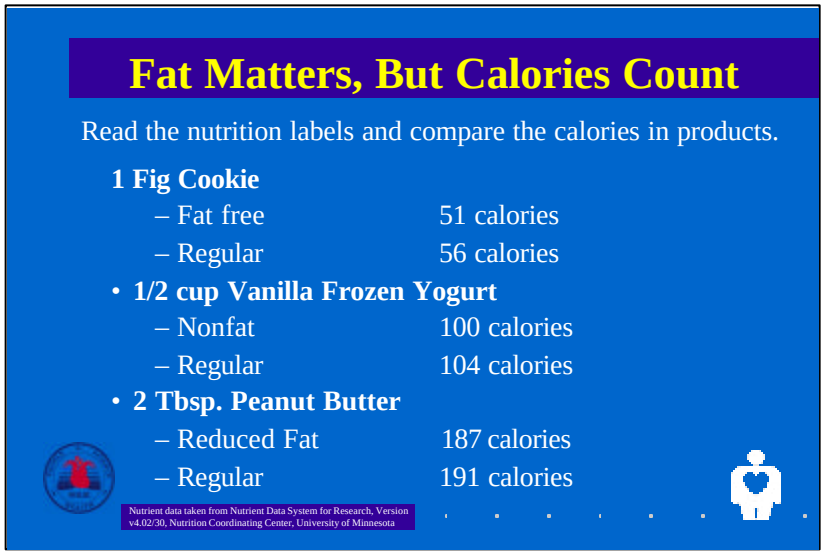
Nutrient data taken from Nutrient Data System for Research, Version v4.02/30, Nutrition Coordinating Center, University of Minnesota



A lot of useful information can be obtained from reading the nutrition label:

- The number of servings in a particular food item and the serving size.
- For each serving, the nutrients in one serving both in terms of grams and as a percentage of the recommended daily value.
- The recommended daily amount for each nutrient for two calorie levels.
    - If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat.
    - If you eat 2,500 calories a day, you should eat less than 80 grams of fat and 25 grams of saturated fat.

Your daily amounts may vary higher or lower depending on the calories you eat.



Reading the food label for both the calorie and fat content is important. Don't be fooled by the claim that a food is low fat or fat free. A fat free version of a product may not have any fewer calories than the regular version. In addition, just because a product is fat free does not mean that you can eat unlimited quantities of it. Any calories that you eat in excess of what you need will cause weight gain.