

<b>Nutrition Facts</b>	
<b>Serving Size 1 cup (4 oz)</b>	
<b>Serving Per Container 3</b>	
Amount Per Serving	
Calories 75 Calories from Fat 27	
% Daily Value*	
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
<b>Total Carbohydrate 10 g</b>	3%
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	
Vitamin A 80% - Vitamin C 60% - Calcium 4% - 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 - Carbohydrate 4 - Protein 4	

The serving size for the food is 1 cup.

There are 3 servings or 3 cups in this container.

The total carbohydrate tells how many grams of carbohydrate are in 1 serving.

Sugar is already included in the total carbohydrate amount. This value shows the amount of natural or added sugar.

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