

## Nutrition Facts

Serving Size 1 cup (4 oz)

Serving Per Container 3

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%

Total Carbohydrate 10 g 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 total carbohydrate tells how many grams of carbohydrate are in 1 serving.

Fiber has to be subtracted from the Total Carbohydrate  
Total CHO (10g) - Fiber CHO (5g) = 5g Net CHO  
The **NET** Carbohydrate is **5g**

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