## ...use the label.

NutritionFacts				
Serving Size 1 cup (228g)				
Servings Per Container 2				Start here
Amount Per Serving				
				Check calories
Calories 250 Calories from Fat 110				Check calonies
% Daily Value *				Quick guide to % DV
Total Fat 12g			18%	5% or less is low
Saturated Fat 3g			15%	20% or more is high
Trans Fat 3g				20 /0 01 more 13 mgm
Cholesterol 30mg			10%	
				Limit these
Sodium 470mg			20%	
Potassium 700mg 20%				
Total Carbohydrate 31g 10%			10%	Get enough of these
Dietary Fiber 0g				
Sugars 5g				
Protein 5g				
Protein 3g				
Vitamin A				
Vitamin C				
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:				Footnote
	Calories:	2,000	2,500	1 00111010
Total Fat	Less than	65g	80g	
Saturated Fat Cholesterol	Less than Less than	20g 300mg	25g 300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

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