...use the label.

NI 4 ! 4	!		. 4 -	1
Nutrit		r a c	CIS	
Serving Size 1 cup	(228g)			Otant kana
Servings Per Conta	iner 2			Start here
Amount Per Serv	ing			
Calories 250 Calories from Fat 110				Check calories
% Daily Value *			Quick guide to % DV	
Total Fat 12g			18%	
Saturated Fat	3g		15%	5% or less is low 20% or more is high
Trans Fat 3g				20 /0 01 more to mgm
Cholesterol 30mg 10%			Limit these	
Sodium 470mg 20 %				
Potassium 700m	g		20%	
Total Carbohydrate 31g 10%			Get enough of these	
Dietary Fiber			0%	
Sugars 5g				
Protein 5g				
	_	_	_	
Vitamin A			4%	
Vitamin C			2%	
Calcium			20%	
*Percent Daily Values are bo	sed on a 2 000	caloria diat \	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	
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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