

Determining Fat Content in One Serving

Total Calories in One Serving

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	6%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 80%
Calcium 4%	Iron 4%
* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories
	2,000 2,500
Total Fat	Less than 65g 60g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	50g 375g
Fiber	25g 90g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Food Label

fat calories in one serving

- Is less than
- Is close to
- Is equal to
- Is greater than

half of the total calories in one serving
(half of the above number)

A food serving that is 50% or more fat is not a wise food choice.