

Sample #1 – Pumpkin

Nutrition Facts

Serving Size	g	
Amount Per Serving		
Calories		Calories from Fat
% Daily Value*		
Total Fat	g	%
Saturated Fat	g	%
Trans Fat		
Cholesterol	mg	%
Sodium	mg	%
Total Carbohydrate	g	%
Dietary Fiber	g	%
Sugars	g	
Protein	g	
Vitamin A	%	* Vitamin C %
Calcium	%	* Iron %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Sample #2 – Corn meal

Nutrition Facts

Serving Size	g	
Amount Per Serving		
Calories		Calories from Fat
% Daily Value*		
Total Fat	g	%
Saturated Fat	g	%
Trans Fat		
Cholesterol	mg	%
Sodium	mg	%
Total Carbohydrate	g	%
Dietary Fiber	g	%
Sugars	g	
Protein	g	
Vitamin A	%	* Vitamin C %
Calcium	%	* Iron %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Sample #3 – Dried Beans

Nutrition Facts

Serving Size g

Amount Per Serving

Calories Calories from Fat

% Daily Value*

Total Fat g %

Saturated Fat g %

Trans Fat

Cholesterol mg %

Sodium mg %

Total Carbohydrate g %

Dietary Fiber g %

Sugars g

Protein g

Vitamin A % * Vitamin C %

Calcium % * Iron %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Sample #4 – Chia seeds

Nutrition Facts

Serving Size g

Amount Per Serving

Calories Calories from Fat 8

% Daily Value*

Total Fat g %

Saturated Fat g %

Trans Fat

Cholesterol mg %

Sodium mg %

Total Carbohydrate g %

Dietary Fiber g %

Sugars g

Protein g

Vitamin A % * Vitamin C %

Calcium % * Iron %

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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