

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Start here

Amount Per Serving

Check calories

Calories 250 **Calories from Fat** 110

% Daily Value*

Quick guide to % DV

Total Fat 12g 18%

Saturated Fat 3g 15%

Trans Fat 3g

5% or less is low
20% or more is high

Cholesterol 30mg 10%

Sodium 470mg 20%

Limit these

Potassium 700mg 20%

Total Carbohydrate 31g 10%

Get enough of these

Dietary Fiber 0g 0%

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

Footnote

* 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

Always start with serving size.

Be mindful of the serving you wish to consume.

Total fat is the amount of fat per serving. Limit saturated fats and eliminate trans fats. These fats impact your heart because they raise bad cholesterol in your blood. Saturated fat is the largest dietary contributor to high cholesterol. Limit saturated fat to 22 grams/day for a 2000 calorie diet. Trans fat was added to the food label in 2006. This fat is harmful to your body because it decreases your healthy HDL cholesterol and increases the bad LDL cholesterol. Avoid trans fat as much as possible. The American Heart Association recommends limiting cholesterol (from dietary sources) to 300 mg per day or less.

Sodium can contribute to high blood pressure, therefore, the American Heart Association advises sodium be limited to 2300 mg per day.

Carbohydrates are the main source of energy for the body. Recommendations are for 55 to 60 percent of total calories to come from carbohydrates (approximately 275 to 300 grams for a 2,000-calorie diet). The majority of carbohydrate calories should come from complex rather than simple carbohydrates. Of total caloric intake, approximately 45 to 50 percent of calories should be from complex carbohydrates, and 10 percent or less from simple carbohydrates.

Fiber is an essential nutrient for good health. The health benefits of a diet rich in fiber include lower cholesterol and a reduced risk of heart disease and certain cancers. Strive for 25-30 grams of fiber per day.