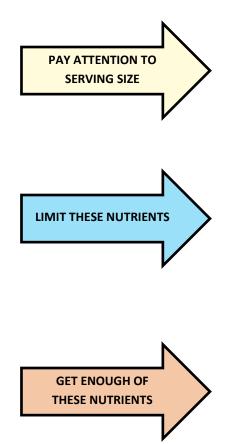
HOW TO UNDERSTAND AND USE THE NUTRITION FACTS LABEL



Serving Size 1/2 cup (32g)
Servings Per Containe	ero	
Amount Per Serving		
Calories 200 Calor		
T-4-1 F-4-44-	%	Daily Value
Total Fat 14g		22%
Saturated Fat 9g		45%
Trans Fat 0g		
Cholesterol 55mg		18%
Sodium 40mg		2%
Total Carbohydrate	17g	6%
Dietary Fiber 1g		4%
Sugars 14g		
Protein 3g		
Vitamin A 10% • \	/itamin	C 0%
	ron 6%	
*Percent Daily Values are bas		
diet. Your daily values may be depending on your calorie ne Calories:	e higher o	2,500
Total Fat Less than Saturated Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Dietary Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg

