

Sample Label

Nutrition Facts

Serving Size 1 cup (253 g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 70

% Daily Value*

Total Fat 8g **13%**

Saturated Fat 3g **17%**

Cholesterol 130mg **44%**

Sodium 1010mg **42%**

Total Carbohydrate 22g **7%**

Dietary Fiber 9g **36%**

Sugars 4g

Protein 25g

Vitamin A 35% • Vitamin C 2%

Calcium 6% • Iron 30%

* 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

(Consult FDA regulation for specific requirements on type size, spacing and other graphic elements.)