

**Dual
Declaration**

Nutrition Facts

Serving Size X cup (XXX g)
Servings Per Container X

Amount Per Serving	Raw	Cooked
Calories	XXX	XXX
Calories from Fat	XXX	XXX

	% Daily Value*	
Total Fat Xg	XX%	XX%
Saturated Fat Xg	XX%	XX%
Cholesterol XXXmg	XX%	XX%
Sodium XXXmg	XX%	XX%
Total Carbohydrate XXg	X%	XX%
Dietary Fiber Xg	XX%	XX%
Sugars Xg		

Protein XXg

Vitamin A	XX%	XX%
Vitamin C	X%	XX%
Calcium	X%	XX%
Iron	XX%	XX%

* 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	XXg	XXg
Sat Fat	Less than	XXg	XXg
Cholesterol	Less than	XXXmg	XXXmg
Sodium	Less than	XXXmg	XXXmg
Total Carbohydrate		XXXg	XXXg
Dietary Fiber		XXg	XXg

Calories per gram:
Fat X • Carbohydrate X • Protein X

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