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Nutrition Facts Label

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Nutrition Facts Label

Nutrition Facts
Serving Size: 1 cup (236ml)
Servings Per Container: 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 80</td>
<td>Calories from Fat 0</td>
</tr>
</tbody>
</table>

What is on the Nutrition Facts label?

1. Serving Size: The amount of food the label is based on
2. Servings Per Container: Number of servings in the package
3. Calories: The energy supplied in one serving
4. Calories From Fat: The number of calories supplied by fat in one serving

Limit these nutrients

5. Total Fat: The number of fat grams from all types of fat (saturated, unsaturated and trans-fat) in one serving
6. Saturated Fat: The number of grams of saturated fat in one serving
7. Trans-fat: The number of grams of trans-fat in one serving
8. Cholesterol: The number of milligrams of cholesterol in one serving
9. Sodium: The number of milligrams of sodium in one serving
Get enough of these nutrients

Most people do not get enough dietary fiber, vitamin A, vitamin C, calcium and iron in their diet. These nutrients are listed on the Nutrition Facts label so that you can adjust the amount you eat.

Other Important Nutrients

<table>
<thead>
<tr>
<th></th>
<th>Total Carbohydrate</th>
<th>The number of grams of total carbohydrates, including sugars and dietary fiber, found in one serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11</td>
<td>Dietary Fiber</td>
<td>The number of grams of dietary fiber in one serving</td>
</tr>
<tr>
<td>12</td>
<td>Protein</td>
<td>The number of grams of protein in one serving</td>
</tr>
</tbody>
</table>

Daily Values

Daily values show the amount of nutrients you should get in your diet each day. The trick is to choose different foods each day to add up to 100 percent of each nutrient without eating too much of some nutrients. Use the % Daily Value part of the Nutrition Facts label as a guide. It will tell you if a single serving of food has low, medium or high amount of a nutrient. MyPyramid can show you how to eat right from each food group to meet this goal.

The Daily Value on the Nutrition Facts label is based on a person who eats 2,000 calories a day. Your own intake may be higher or lower. To find the best calorie level for you, look at the chart from MyPyramid: Steps to a Healthier You.