

READ

Your Food Labels Carefully!

Remember to check serving size

The Nutrition Facts are given for 1 serving - how many servings are you having?

Examine Calories

Calories are listed Per Serving - more servings mean more calories

Always choose less

Select foods with less Fat, Saturated Fats, Trans Fat, Cholesterol, Sodium and Added Sugars

Do consume in adequate amounts

Choose foods with adequate amounts of Carbohydrates, Fibre, Protein, Vitamins and Minerals

% Daily Value

LOW - 5% or less.
HIGH - 20% or more.



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Nutrition Facts

8 Servings per container

Serving Size

1 cup (36g)

Amount Per Serving

Calories

110

% Daily Values*

Total Fat 1g 1%

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 29g 10%

Dietary Fibre 7g 24%

Total Sugars 7g

Includes 6g Added Sugars 13%

Protein 4g

Vitamin D 2mcg 10%

Calcium 10mg 0%

Iron 9mg 50%

Potassium 210mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.