

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

Check Serving Size First:

Compare the serving size to how much you will eat or drink. If the serving size is one cup and you eat two cups, you're getting twice the calories, fat, and other nutrients listed on the label.

Calories Count!

Keeping track of how many calories you are getting helps with weight management.

Eat Less of These:

Too much **Saturated Fat, Trans Fat, Sodium, and Added Sugars** are unhealthy and can lead to weight gain, heart disease, and other chronic diseases.

Eat More of These:

Fiber, Vitamin D, Calcium, Iron and Potassium help keep your body working properly. Aim for higher amounts of these.

* 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.