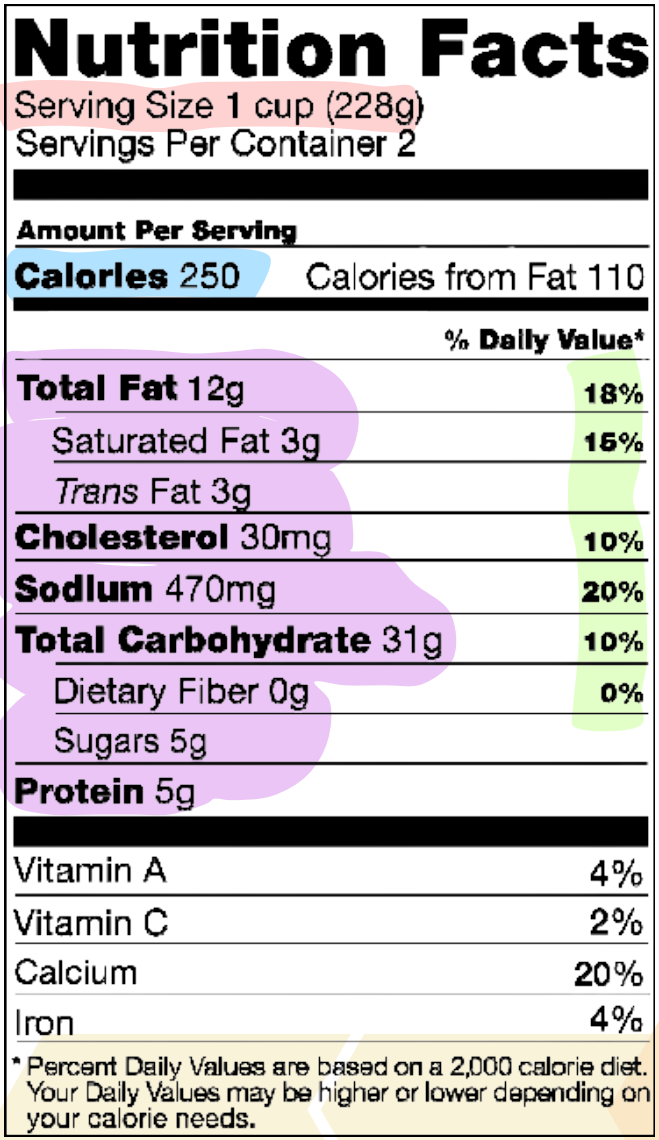
READING NUTRITION LABELS

Proper nutrient timing can enhance performance and support healthy body composition

How much is 1 Serving →

Calories in 1 Serving →

Nutrients in 1 Serving →



Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving

Calories 250 | Calories from Fat 110

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

← **Percent of Daily Values in 1 Serving**

QUICK TIPS

Limit foods with high amounts of **added sugar**.

Look for **higher protein** and **fiber** to help with satiety and hunger cravings.

HAVE QUESTIONS?

Ask your Travel Agent!

25 FITTRIP YEARS OF TRANSFORMATION

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