

READING NUTRITION LABELS

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 cravings.

HAVE QUESTIONS?

Ask your Travel Agent!