

What's On A NUTRITION LABEL?

Check your
SERVING SIZE

Take care of
your **HEART**

Reduce
SUGAR

Keep track of
CALORIES

Get all your
VITAMINS

Nutrition Facts

Serving Size 1 bag (66g)
Servings Per Container 1

Amount Per Serving

Calories 270 Calories from Fat 30

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Sodium 0mg **0%**

Total Carbohydrate 33g **11%**

Dietary Fiber 6g **24%**

Sugars 1g

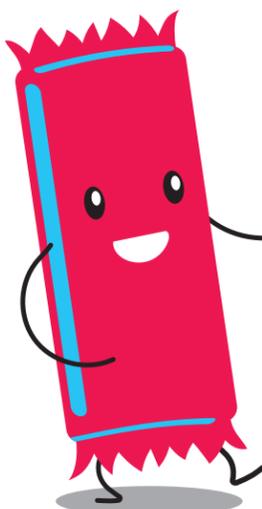
Protein 27g

Vitamin C 2% • Calcium 8%

Iron 30%

Not a significant source of trans fat, cholesterol, sugars and vitamin A

*Percent Daily Values are based on a 2,000 calorie diet.



You are
what you
eat, so eat
SMART!

SERVING SIZE: How much to eat in one sitting.

CALORIES: The amount of energy per serving.

HEART HEALTH: Avoid trans fat, cholesterol, and sodium to keep your heart working well.

GOOD NUTRIENTS: Make sure to get enough fiber and vitamins to stay strong and healthy.

SUGARS: Be careful, don't eat too much!