

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%

* 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.

MORE on Serving Size:

- Often measured in cups, pieces, ounces, etc.



MORE on Sodium:

- Aim to consume **less than 2,300mg sodium** a day
- This can easily be achieved by choosing **less processed, more whole foods**
- Look for labels that say “**No Salt Added**”, especially canned foods



MORE on Calories:

- Energy should come from **good, healthy foods**
- Most healthy diets include between **2,000-2,500 calories**
- Calorie needs vary based on age, weight, gender, and activity

MORE on Added Sugars:

- Aim to consume **less than 10% of calories** from added sugars, that's about 50g/day
- Added sugars can be **found in items such as juices, yogurts, even bread!**
- Check the label for **sugar in disguise**: “brown rice syrup”, “cane sugar/ juice”, “agave nectar”