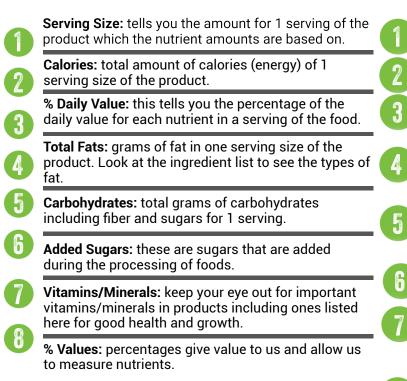
LABELS

INFOGRAPHIC (US)



HOW TO: READ A NUTRITION FACTS TABLE

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Nutrition Facts	
_ serving per container Serving Size	¾ cup (29g)
Amount per serving Calories	110
	% Daily Value*
Total Fat 1.5 g	2%
Saturated Fat 0.3 g	2%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 160 mg	96
Total Carbohydrate 23g	0%
Dietary Fiber 0g	8%
Total Sugars 9g	
Includes Og Added Sug	ars 0%
Protein g	
Vitamin D 0 mcg	0%
Calcium 0 mg	10%
Iron 0 mg	30%
Potassium 0mg	0%

general nutrition advice

