

What's in Your FOOD?



Serving Size

Know how much to eat!

The “Serving Size” will tell you what one serving is. Make it a goal to eat only one serving.

The Fats

Is there too much?

A saturated fat daily value of 5% or lower is best. Aim for 0 grams of trans fat.

Too much fat is unhealthy and bad for your heart!

The Sugar

Beware of hidden sugar!

Look for other words for sugar like corn syrup, agave, nectar, molasses, fruit juice, and words ending in “ose.”

If sugar words are listed in the first three ingredients, it is probably not a **fit** choice.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 15g	21%
Saturated Fat 2.6g	17%
Trans Fat 1g	
Cholesterol 118mg	39%
Sodium 560mg	28%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 24g	
Vitamin A 1%	Vitamin C 2%
Calcium 2%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Ingredients: Wheat Whole, Sugar, Rice Flour, Canola Oil, Rice Bran Oil, Cinnamon, Maltodextrin, Fructose, Soy, Dextrose, Salt, Calcium Carbonate, Caramel Color, Iron, Zinc, Vitamin A, Vitamin C	