

Check the **serving size**. Is it more or less than you are eating?

# Nutrition Facts

Serving Size 1 piece (17g)

Servings Per Container 6

Amount Per Serving

**Calories** 70      **Calories from Fat** 0

% Daily Value\*

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g      **0%**

**Cholesterol** 0g      **0%**

**Sodium** 15mg      **1%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber less than 1g      **0%**

Sugars 16g

**Protein** 0g

Vitamin A **0%**      •      Calcium **0%**

Vitamin C **0%**      •      Iron **0%**

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9      •      Carbohydrate 4      •      Protein 4

How many **servings** are in the whole container?

Keep **fat, cholesterol, and sodium** (salt) low.



Check the **total carbohydrates** (carbs). Make sure the grams of total carb fit into your goal for this meal or snack.



# Nutrition Facts Label

Please note that these are general guidelines; see your Registered Dietitian for individualized nutrient goals.

## Calories

- Extra calories are stored as fat in your body.
- Limiting calories helps to maintain a healthy weight.

Snack = Less than 150	Meal = 300-500	Day = 1500-2000
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## Carbohydrates (Carbs)

- Carbs turn to sugar when you eat them.
- Eating too many carbs at a time can raise your blood sugar.
- Eating the right amount of carbs will help you lower your A1C and maintain healthy glucose levels and weight.

Snack = 15-30 grams	Meal = 45-60 grams	Day = 130-250 grams
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## Fat

- Extra fat that you eat is stored in your body as fat.
- Limiting fats can help you maintain a healthy weight.
- Unsaturated fats help lower your LDL (bad) cholesterol.
- Saturated and trans fats can raise your LDL (bad) cholesterol.

Total Fat Snack = 3 grams or less	Total Fat Meal = 20 grams or less	Total Fat Day = 50-65 grams
Saturated Fat Snack = 1 gram or less	Saturated Fat Meal = 5 grams or less	Saturated Fat Day = 20 grams or less
Trans Fat Snack = Less than .5 grams	Trans Fat Meal = Less than .5 grams	Trans Fat Day = Less than 2 grams

## Fiber

- High-fiber foods make you feel full longer, which will help you eat less.
- Fiber can help you maintain a healthy weight.
- Fiber will also help you keep your glucose levels even and raise your HDL (good cholesterol).
- Remember to check the total carbohydrates even if it's a high-fiber food!

Snack = 3 grams or more	Meal = 10 grams or more	Day = 25-35 grams
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## Salt

- Limiting salt helps to lower your blood pressure.

Snack = 140 mg or less	Meal = 500 mg or less	Day = 1500 mg or less
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