



Calories 60	Calories from Fat 10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Total Carbohydrate 11g	4%		
Dietary Fiber less than 1g	3%		
Sugars 7g			
Protein 2g			
Vitamin A 0%	•	Vitamin C 0%	
Calcium 30%	•	Iron 6%	
* 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
Sat. 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			