

# Nutrition Facts

4 Servings Per Container

**Serving Size**

**1 Cup (227g)**

Amount Per Serving

**Calories**

**280**

	<b>% Daily Value *</b>
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans fat 0g	
<b>Cholesterol</b> 35 mg	<b>12%</b>
<b>Sodium</b> 850 mg	<b>37%</b>
<b>Total carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 15g	
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 320mg	<b>25%</b>
<b>Iron</b> 1.6mg	<b>8%</b>
<b>Potassium</b> 510mg	<b>10%</b>

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.



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— defenders of the digestive system —

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## General Guide to %DV

**5% DV** or less of a nutrient per serving is considered **low**  
**20% DV** or more of a nutrient per serving is considered **high**

## More often, choose foods that are:

Higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium  
Lower in %DV for Saturated Fat, Sodium, and Added Sugars

Nutrient	DV	%DV	Goal
Saturated Fat	20g	=100% DV	Less than
Sodium	2,300mg	=100% DV	Less than
Dietary Fiber	28g	=100% DV	At least
Added Sugars	50g	=100% DV	Less than
Vitamin D	20mcg	=100% DV	At least
Calcium	1,300mg	=100% DV	At least
Iron	18mg	=100% DV	At least
Potassium	4,700mg	=100% DV	At least



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