

Nutrition Facts	
1 servings per container	
Serving Size	(340g)
Amount Per Serving	
Calories	510
% Daily Value *	
Total Fat 19g	24%
Saturated Fat 3g	15%
<i>Trans Fat</i> 0g	
Cholesterol 85mg	28%
Sodium 500mg	22%
Total Carbohydrate 54g	20%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 33g	66%
Vit. D 0mcg 0%	Calcium 60mg 4%
Iron 3.2mg 18%	Potas. 720mg 16%
* 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.	

1
Servings Per Container
This tells you how many servings you should be able to eat from this package. 2 servings per container means half the package.

2
Know Your Serving Size
The serving size tells you how much you can eat. If you eat 2x the amount listed in the servings, you have to multiply everything by 2.

3
Total Carbohydrates
Total carbohydrates includes sugar, and all other nutrients that will make your blood sugar go up. Sugar just counts sugar.

1 serving of carbohydrates is **15g** of the **total carbohydrates**

30g = 2 servings of carbs
45g = 3 servings of carbs

The more servings of carbohydrates you eat, **the higher your blood sugar may go.**



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