

Sample Food Labels

Page 1 of 3

Pasta--Vertical, Full

Nutrition Facts			
Serving Size 1 serving (354g)			
Amount Per Serving			
Calories 270	Calories from Fat 35		
% Daily Value*			
Total Fat 4g			6%
Saturated Fat 1g			5%
<i>Trans</i> Fat 1g			
Cholesterol 30mg			10%
Sodium 550mg			23%
Total Carbohydrate 36g			12%
Dietary Fiber 5g			20%
Sugars 10g			
Protein 22g			
Vitamin A 6%	•	Vitamin C	
Calcium 6%	•	Iron 10%	
* 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

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Dietary Fiber		25g	30g

Canada Dry (Bilingual- English/French))

Nutrition Facts/Données Nutritionnelles

Serving Size /Portion 12 fluid ounces (360g)

Amount Per Serving/Quantité par Portion

Calories / Calories 120 **Calories from Fat / Calories de Matières Grasses** 0

% Daily Value* / % Valeur Journalière*

Total Fat / Matières Grasses 0g **0%**

Saturated Fat / Matières Grasses Saturées 0g **0%**

Trans Fat / Matières Grasses Trans 0g

Cholesterol / Cholesterol

Sodium / Sodium 40mg **2%**

Total Carbohydrate / Hydrats de Carbone Totaux 33g **11%**

Dietary Fiber / Fibres Diététiques 0g **0%**

Sugars / Sucres 33g

Protein / Protéines 0g

Vitamin A / Vitamine A 0% • Vitamin C / Vitamine C 0%

Calcium / Calcium 0% • Iron / Fer 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:

* Le Pourcentage de la Valeur Journalière est basé sur une diète de 2,000 calories. Votre valeur journalière peut être plus ou moins par rapport à vos nécessités caloriques:

	Calories/Calories:	2,000	2,500
Total Fat/Matières Grasses	Less than/Moins de	65g	80g
Saturated Fat/Matières Grasses Saturées	Less than/Moins de	20g	25g
Cholesterol/Cholesterol	Less than/Moins de	300mg	300mg
Sodium/Sodium	Less than/Moins de	2,400mg	2,400mg
Total Carbohydrate/Hydrats de Carbone Totaux		300g	375g
Dietary Fiber/Fibres Diététiques		25g	30g

Quesadilla (Bilingual - English/Spanish)

Nutrition Facts/Datos De Nutrición

Serving Size /Tamaño por Ración 1 item (60g)

Servings Per Container /Raciones por Envase 4

Amount Per Serving/Cantidad por Ración

Calories / Calorías 200 **Calories from Fat / Calorías de Grasa** 100

% Daily Value* / % Valores Diarios*

Total Fat / Grasa Total 11g **17%**

Saturated Fat / Grasa Saturada 5g **25%**

Trans Fat / Grasa Trans

Cholesterol / Colesterol 30mg **10%**

Sodium / Sodio 410mg **17%**

Total Carbohydrate / Carbohidrato Total 13g **4%**

Dietary Fiber / Fibra Dietética <1g **4%**

Sugars / Azúcares 0g

Protein / Proteínas 10g

Vitamin A / Vitamina A 2% • Vitamin C / Vitamina C 4%

Calcium / Calcio 15% • Iron / Hierro 8%

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* Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de sus necesidades calóricas:

	Calories/Calorías:	2,000	2,500
Total Fat/Grasa Total	Less than/Menos de	65g	80g
Saturated Fat/Grasa Saturada	Less than/Menos de	20g	25g
Cholesterol/Colesterol	Less than/Menos de	300mg	300mg
Sodium/Sodio	Less than/Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidrato Total		300g	375g
Dietary Fiber/Fibra Dietética		25g	30g

Banana Cream Pie (Tabular)

Nutrition Facts		Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Serv. Size 1 piece (144g)		Total Fat 20g	31%	Total Carb. 47g	16%
Calories 390		Sat. Fat 5g	25%	Fiber 1g	4%
Fat Cal. 180		Trans Fat 1g		Sugars 17g	
* Percent Daily Values are based on a 2,000 calorie diet.		Cholest. 75mg	25%	Protein 6g	
		Sodium 350mg	15%		
		Vitamin A 6%	•	Vitamin C 4%	•
				Calcium 10%	•
				Iron 8%	

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