**Nutrition Facts**

**Serving Size**
- All values on the label are based on 1 serving size.
- If you eat 2 servings, multiply all values by 2.
- If eating ½ the serving, cut all values in half.

**Fat & Sodium**
- Aim for less than 65g of Total Fat a day.
- Aim for less than 300 mg of Cholesterol a day.
- Aim for less than 2,400 mg of sodium daily.
- Use fresh/frozen vegetables instead of canned.

**Protein**
- Aim for 20g per meal, 50-60g total each day.
- Eat small servings of lean meat, fish and poultry.
- Try to find proteins besides meat, such as beans.

**Individual Needs**
- The average person needs 2,000 calories a day.
- An active person (exercising at least 1 hour a day) will need closer to 2,500 calories.
- To lose weight, reduce daily calorie intake by 500 calories, but no less than 1,500 total.

**Expiration Date:** Always check the expiration date before purchasing the item.

**Calories**
- The energy that is supplied in food. If it is not burned up during the day, it will be stored in the body as fat.
- Try to limit calories from fat.

**Carbohydrates**
- Aim for 300g Total Carbohydrates each day.
- Aim for at least 25g of fiber each day.
- Fiber helps digest food and helps people feel full longer.

**Nutrients**
- Aim for a total of 100% in all nutrients and vitamins throughout the whole day.
- The food item is a good source of a vitamin or mineral if % Daily Value is 10% or greater.

**% Daily Values (DV)**
- Based on your individual needs, the daily values are used as a general guide for the total amount needed each day. Listed are suggestions for the average or active individual.

**Ingredient List:** Ingredients are listed in order of total percent of the product with the largest amount of the product being listed first and the least amount being listed last.