

OUT WITH THE OLD,

Nutrition Facts	
Serving Size 1oz (28g /1/2 Cup)	
Servings Per Container: 6	
Amount Per Serving	
Calories 150	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* 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

IN WITH THE NEW.

SINGLE SERVING PACKAGE

Nutrition Facts	
1 servings per container	
Serving size	1 oz (28g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 0.36mg	2%
Potassium 339mg	10%
* 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.	

MULTIPLE SERVING PACKAGE

Nutrition Facts			
3 servings per container			
Serving size	1 oz (28g)		
Amount per serving		Amount per container	
Calories	150	410	
	% DV*	% DV*	
Total Fat	9g 14%	25g 38%	
Saturated Fat	2.5g 12%	7g 34%	
Trans Fat	0g	0g	
Cholesterol	0mg 0%	0mg 0%	
Sodium	160mg 7%	440mg 18%	
Total Carb.	15g 5%	41g 14%	
Dietary Fiber	1g 4%	2g 8%	
Total Sugars	0g	0g	
Incl. Added Sugars	0g 0%	0g 0%	
Protein	2g	5g	
Vitamin D	0mcg 0%	0mcg 0%	
Calcium	7mg 0%	19mg 1%	
Iron	0.36mg 2%	1mg 6%	
Potassium	339mg 10%	932mg 27%	
* 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.			