

# New Labeling System

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

<b>Nutrition Facts</b>	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
<b>Calories</b>	<b>230</b>
% DV*	
12%	<b>Total Fat</b> 8g
5%	Saturated Fat 1g
	Trans Fat 0g
0%	<b>Cholesterol</b> 0mg
7%	<b>Sodium</b> 160mg
12%	<b>Total Carbs</b> 37g
14%	Dietary Fiber 4g
	Sugars 1g
	Added Sugars 0g
	<b>Protein</b> 3g
10%	Vitamin D 2mcg
20%	Calcium 260mg
45%	Iron 8mg
5%	Potassium 235mg
* Footnote on Daily Values (DV) and calories reference to be inserted here.	

The new label provides enough clarity for even a child to realize the over contained values in the foods we eat.

