



Nutrition Facts Label Formats

Standard

Nutrition Facts	
Serving Size about 3/4 cup (28g)	
Servings Per Container 9	
Amount Per Serving	
Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0.5g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 1g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • 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
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Tabular

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*
	Total Fat 3.5g		5%	Total Carbohydrate 32g
Saturated Fat 1.5g		8%	Dietary Fiber 4g	16%
Trans Fat 0g			Sugars 0g	
Cholesterol 5mg		2%	Protein 7g	
Sodium 360mg		15%		
*Percent Daily Values are based on a 2,000 calorie diet.			Vitamin A 2% • Vitamin C 2%	Calcium 4% • Iron 10%

Nutrition Facts	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*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 3.5g		5%	Total Carbohydrate 32g	
Saturated Fat 1.5g		8%	Dietary Fiber 4g	16%	Saturated Fat Less than 20g 25g
Trans Fat 0g			Sugars 0g		Cholesterol Less than 300mg 300mg
Cholesterol 5mg		2%	Protein 7g		Sodium Less than 2,400mg 2,400mg
Sodium 360mg		15%			Total Carbohydrate 300g 375g
*Percent Daily Values are based on a 2,000 calorie diet.			Vitamin A 2% • Vitamin C 2%	Calcium 4% • Iron 10%	Dietary Fiber 25g 30g
			Calories per gram:		Fat 9 • Carbohydrate 4 • Protein 4

Linear

Nutrition Facts	Serving Size 1 piece (15g), Amount Per Serving:
Calories 60 , Calories from Fat 30, Total Fat 3g (5% DV), Saturated Fat 3g (15% DV), Trans Fat 0g , Cholesterol 0mg (0% DV), Sodium 35mg (1% DV), Total Carbohydrate 9g (3% DV), Dietary Fiber 0g (0% DV), Sugars 7g , Protein 0g , Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.	



Simplified

Nutrition Facts	
Serving Size 1 oz (28g)	
Servings Per Container 13	
Amount Per Serving	
Calories 5	
	% Daily Value*
Total Fat 0g	0%
Sodium 95mg	4%
Total Carbohydrate 1g	0%
Protein 0g	
<small>Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, calcium and iron.</small>	
<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	

Dual

Nutrition Facts		
Serving Size 1/8 Mix (57g)		
Servings Per Container 8		
Amount Per Serving	mix prepared	
Calories	210	250
Calories from Fat	10	45
	% Daily Value**	
Total Fat 1g*	2%	8%
Saturated Fat 0.5g	3%	5%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	0%
Total Carbohydrate 49g	16%	17%
Dietary Fiber 2g	8%	8%
Sugars 35g		
Protein 2g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	4%
Iron	10%	10%
<small>*Amount in mix. prepared contributes an additional 40 Calories (35 Calories from Fat), 4 g Total Fat (0.5 g Saturated Fat), 10 mg Sodium, 1 g Total Carbohydrate (1 g Sugars), 1 g Protein.</small>		
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>		
	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
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>		



on the menu

Aggregate

Nutrition Facts		broccoli	butternut squash	carrot	cauliflower	sweet potato
Serving Size	1/2 cup (113g)	1/2 cup (113g)	1/2 cup (113g)	1/2 cup (113g)	1/2 cup (113g)	1/2 cup (113g)
Servings Per Container	1	1	1	1	1	1
Amount Per Serving						
Calories	30	45	40	20	90	
Calories from Fat	0	0	0	0	0	
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Saturated Fat	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%	0g 0%
Trans Fat	0g	0g	0g	0g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	10mg 0%	0mg 0%	65mg 3%	20mg 1%	30mg 1%	
Total Carbohydrate	6g 2%	11g 4%	9g 3%	4g 1%	20g 7%	
Dietary Fiber	3g 12%	3g 12%	3g 12%	3g 12%	3g 12%	
Sugars	2g	2g	4g	1g	7g	
Protein	4g	1g	1g	2g	2g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	Vitamin A	25%	80%	390%	0%	360%
Calories: 2,000 2,500	Vitamin C	80%	6%	6%	60%	25%
Total Fat Less than 65g 80g	Calcium	4%	2%	4%	2%	4%
Saturated Fat Less than 20g 25g	Iron	4%	4%	2%	2%	4%
Cholesterol Less than 300mg 300mg						
Sodium Less than 2,400mg 2,400mg						
Total Carbohydrate 300g 375g						
Dietary Fiber 25g 30g						
Calories per gram:						
Fat 9 • Carbohydrate 4 • Protein 4						



Bilingual Spanish/English

Datos de Nutrición / Nutrition Facts

Tamaño por Ración (57g) / Serving Size 1/2 cup (57g)
 Raciones por Envase 15 / Servings Per Container 15

Cantidad por Ración / Amount Per Serving

Calorías / Calories 240 **Calorías de Grasa / Calories from Fat 70**

% Valor Diario / % Daily Value*

Grasa Total / Total Fat 8g **12%**

Grasa Saturada / Saturated Fat 0.5g **3%**

Grasa Trans / Trans Fat 0g

Colesterol / Cholesterol 0mg **0%**

Sodio / Sodium 90mg **4%**

Potasio / Potassium 240mg **7%**

Carbohidrato Total / Total Carbohydrate 37g **12%**

Fibra Dietética / Dietary Fiber 4g **16%**

Azúcares / Sugars 18g

Proteínas / Protein 5g

Vitamina A / Vitamin A 0%

Vitamina C / Vitamin C 0%

Calcio / Calcium 4%

Hierro / Iron 8%

*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores, dependiendo de las calorías que usted necesite.

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calorías: / Calories:	2,000	2,500
Grasa Total / Total Fat	Menos de / Less than	65g	80g
Grasa Saturada / Saturated Fat	Menos de / Less than	20g	25g
Colesterol / Cholesterol	Menos de / Less than	300mg	300mg
Sodio / Sodium	Menos de / Less than	2,400mg	2,400mg
Potasio / Potassium		3,500 mg	3,500 mg
Carbohidrato Total / Total Carbohydrate		300g	375g
Fibra Dietética / Dietary Fiber		25g	30g

Calorías por gramo: / Calories per gram:

Grasa/Fat 9 • Carbohidrato/Carbohydrate 4 • Protéina/Protein 4



Canadian

Nutrition Facts			
Serving Size 1 Packet (43 g)			
Servings Per Container 1			
Amount	% Daily Value*		
Calories 260			
Fat 22 g	34 %		
Saturated 4.5 g	23 %		
+ Trans 0 g			
Cholesterol 0 mg	0 %		
Sodium 2 mg	1 %		
Potassium 260 mg	7 %		
Carbohydrate 9 g	3 %		
Fibre 3 g	12 %		
Sugars 2 g			
Protein 9 g			
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %
*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	65 g	80 g
Saturated + Trans	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fibre		25 g	30 g
Calories per gram:			
Fat 9	Carbohydrate 4	Protein 4	

Bilingual Canadian/French

Nutrition Facts	
Valeur nutritive	
Serving Size 1 Tbsp (14 g)	
Portion A soupe (14 g)	
Servings Per Container 1	
Portions par contenant 1	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 80	
Fat / Lipides 7 g	11 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 30 mg	1 %
Carbohydrate / Glucides 3 g	1 %
Fibre / Fibres 1 g	4 %
Sugars / Sucres 1 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	2 %