

# BENCHMARKS FOR NUTRITIOUS EATING



## Nutrition Facts

Serving Size 1 cup (240 mL)  
 Servings Per Container: About 8

### Amount Per Serving

**Calories 110** ← Calories from Fat 10

### % Daily Value\*

<b>Total Fat</b> 1g		<b>2%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
<b>Cholesterol</b> 5mg		<b>2%</b>
<b>Sodium</b> 150mg		<b>6%</b>
<b>Total Carbohydrate</b> 14g		<b>5%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 14g		
<b>Protein</b> 10g		<b>20%</b>
Vitamin A 10%	Calcium 35%	
Vitamin D 25%	Vitamin E 20%	

\* 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
Protein		50g	65g

Not a significant source of dietary fiber, Vitamin C, and iron.

**INGREDIENTS:** GRADE A FAT FREE MILK, NONFAT MILK, OMEGA-3 OIL BLEND (PURIFIED FISH OIL AND SUNFLOWER OIL – TO HELP MAINTAIN FRESHNESS)<sup>2</sup>, DL- $\alpha$ -TOCOPHEROL ACETATE (VITAMIN E), VITAMIN A PALMITATE, VITAMIN D<sub>3</sub>

**SERVING SIZE:** The serving sizes help to accurately determine the amount of fats, calories, and other nutrients. Pay attention to the difference between the recommended serving size and the actual portion consumed when making calculations.

**CALORIES:** Low-calorie foods contain 40 calories or less per serving

**FAT:** Foods considered to be “low fat” have 3g or less total fat per 100 calories. Remember to keep total calories from saturated fats to less than 7%, and to less than 1% of total calories from trans fat. Note that foods listed as containing 0g trans fat may contain up to 0.49g per serving; check the ingredient list to determine if trans fats may be present.

**CHOLESTEROL:** Foods should contain  $\leq$  60 mg per serving ( $\leq$  300 mg daily)

**SODIUM:** Low sodium foods contain  $\leq$ 140 mg per serving.

**DIETARY FIBER:** A high-fiber food has at least 2g to 3g per serving

**SUGARS:** 4g = 1 teaspoon of sugar; for a 2000 calorie-diet, added sugar should be no more than 32g per day.

**PERCENT DAILY VALUE (%DVS):** This section tells you whether the nutrients (total fat, sodium, dietary fiber, etc.) in one serving of food contribute a little or a lot to your total daily diet. The amounts for total fat, saturated fat, cholesterol, and sodium are maximum amounts. That means you should try to stay below the amounts listed.

**INGREDIENTS:** Ingredients appear in descending order by weight, although some ingredients can “sneak in” under different names. For example, other words for “sugar” are: sucrose, fructose, lactose, dextrose, honey, juice concentrate, corn syrup, and molasses. Similarly, the words “hydrogenated” or “partially hydrogenated” denote the presence of some trans fats, and should be avoided.

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