

01246 White Wheat 2oz

5/9/2006

Nutrition Facts

Serving Size (57g)
 Servings Per Container

Amount Per Serving

Calories 130 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 4g	

Protein 5g

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 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