

<b>Nutrition Facts</b>	
Serving Size 1 cup	
Serving Per Container 2	
<b>Amount Per Serving</b>	
Calories 90 Calories from Fat 30	
% Daily Value*	
<b>Total Fat</b> 3g	5%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 300mg	13%
<b>Total Carbohydrate</b> 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 80% - Vitamin C 60%	
Calcium 4% - Iron 4%	
*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	300mg 375mg
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 - Carbohydrate 4 - Protein 4	

这种食物的“一次食用量”是一杯。

这种食物的重量单位。

这个包装中有两份(两杯)这种食物

总碳水化合物指的是一次食用量中碳水化合物的克数

糖已经算在总碳水化合物的克数中。在这里列出的是一次食用量中天然存在或加入的糖的克数。