READING NUTRITION FACTS **DIGITAL ACTIVITY**

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value

12%

Total Fat 8g	12%
--------------	-----

Saturated Fat 3g 15%

Sodium 50g 2%

Potassium 180g 5%

Total Carb. 36g Sugars 12g

Protein 4g

Vitamin A 0% Vitamin C 0% Calcium 2%

Iron 6%

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Choose One LEVEL 1 LEVEL 2

READING START NUTRITION FACTS LEVEL 1

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value

12%

Total Fat 8g	12%
--------------	-----

Saturated Fat 3g 15%

Sodium 50g **2%**

Potassium 180g 5%

Total Carb. 36g Sugars 12g

Protein 4g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

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WHAT IS THE SERVING SIZE?

Nutrition Facts

Serving Size 1 Cup Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
	8%
Vitamin C	10%

1 ¹ /2 CUP
1 CUP
2 CUPS







WHAT IS THE TOTAL FAT IN GRAMS?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Fotal Fat 8g	
	5%
Sodium 50g	
	8%
Vitamin C	10%

109	
89	
49	







ABOUT HOW MANY SERVINGS PER CONTAINER?

Nutrition Facts

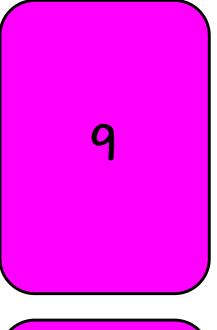
Serving Size 1 Cup Servings Per Container 4

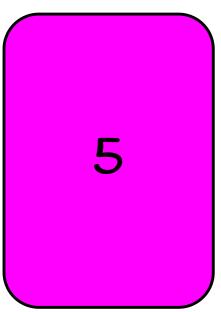
Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
_	8%
Vitamin C	10%

4	





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HOW MANY CALORIES PER SERVING?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

% Daily Value

Total Fat 8g	
	5%
Sodium 50g	
	8%

230	
180	
100	







WHAT IS THE % DAILY VALUE OF TOTAL FAT?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
	8%
Vitamin C	10%

8%	
5%	
10%	







WHAT IS THE SODIUM IN GRAMS?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
_	8%
Vitamin C	10%

109	
89	
509	







WHAT IS THE % DAILY VALUE OF SODIUM?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
	8%
Vitamin C	10%

10%	
8%	
5%	







WHAT IS THE % DAILY VALUE OF VITAMIN C?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value	
Total Fat 8g		
	5%	
Sodium 50g		
	8%	
Vitamin C	10%	

10% 8% 5%

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IF YOU USE **2 CUPS**, HOW MANY **SERVINGS** WILL THAT MAKE?

Nutrition Facts

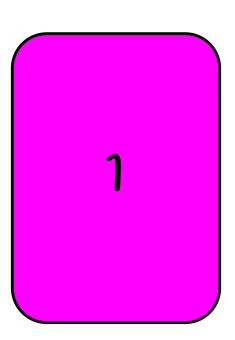
Serving Size 1 Cup

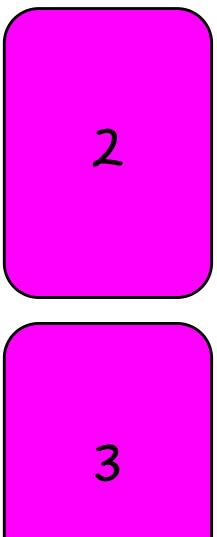
Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	5%
Sodium 50g	
_	8%
Vitamin C	10%





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10 IF YOU USE **4 CUPS**, HOW MANY **SERVINGS** WILL THAT MAKE?

Nutrition Facts

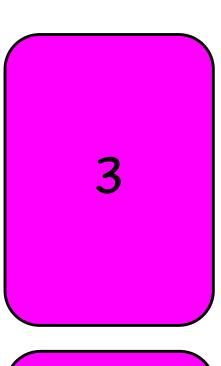
Serving Size 1 Cup

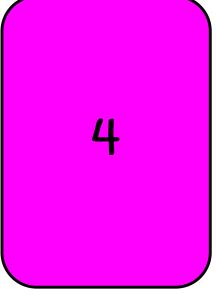
Servings Per Container 4

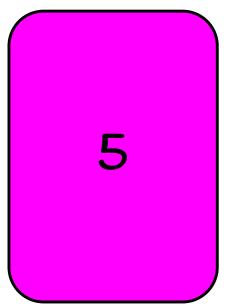
Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	5%
Sodium 50g	8%
Vitamin C	10%













IF YOU USE 1 CUP, HOW MANY CALORIES WILL THAT BE?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	5%
Sodium 50g	8%
Vitamin C	10%

300	
200	
100	







IF YOU USE **4 CUPS**, HOW MANY **CALORIES** WILL THAT BE?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	
	<u> 5% </u>
Sodium 50g	
	8%
Vitamin C	10%

400

300

200

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IF YOU WANT TO MAKE 6 SERVINGS, HOW MANY CONTAINERS WILL YOU NEED?

Nutrition Facts

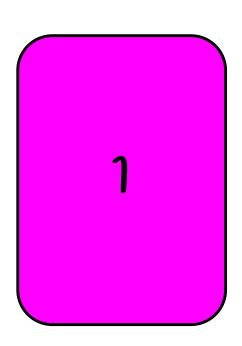
Serving Size 1 Cup

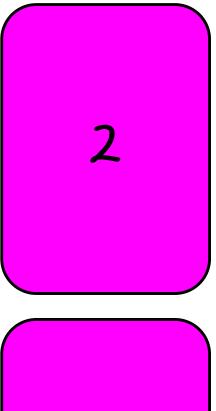
Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	5%
Sodium 50g	
	8%
Vitamin C	10%





13







¹⁴ IF YOU WANT TO MAKE 4 SERVINGS, HOW MANY CONTAINERS WILL YOU NEED?

Nutrition Facts

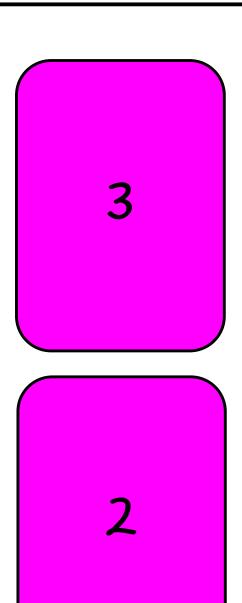
Serving Size 1 Cup

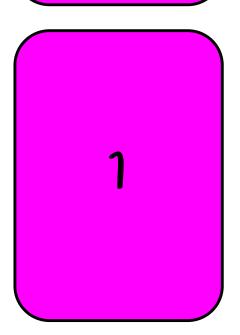
Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value
Total Fat 8g	5%
Sodium 50g	8%
Vitamin C	10%





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¹⁵ WHAT VITAMIN DOES THIS CONTAIN?

Nutrition Facts

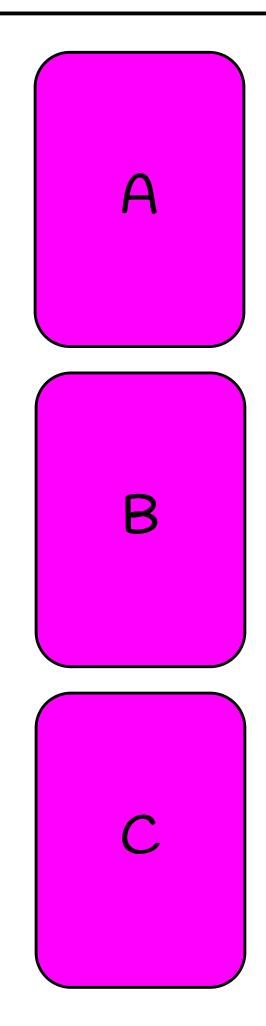
Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

	%	Daily Value
Total Fat 8g	5%	
Sodium 50g	J/0	
	8%	
Vitamin C	10%	









WHAT MEASUREMENT DOES THE SERVING SIZE CALL FOR?

Nutrition Facts

Serving Size 1 Cup

Servings Per Container 4

Amount Per Serving

Calories 100

% Daily Value

Total Fat 8g		
	5%	
Sodium 50g		
	8%	
Vitamin C	10%	

TEASPOON

CUP

LITER

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ALL DONE!

READING NEXT NUTRITION FACTS LEVEL 2

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value

12%

Total	Fat 8g	12%

Saturated	Fat 3g	15%
-----------	--------	-----

Sodium 50g 2%

Potassium 180g 5%

Total Carb. 36g Sugars 12g

Protein 4g

Vitamin A 0% Vitamin C 0% Calcium 2% Iron 6%

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WHAT IS THE SERVING SIZE?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% I	Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%

Calcium 2%

 $\frac{1}{2}$ **C**υρ **C**υρ

Cups







WHAT IS THE SERVING SIZE IN GRAMS?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	nt 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

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ABOUT HOW MANY SERVINGS PER CONTAINER?

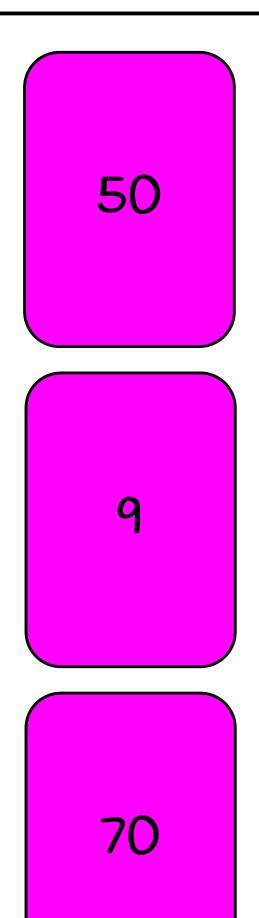
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









HOW MANY CALORIES PER SERVING?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

Daily Value
12%
t 3g 15%
2%
5%
12%
Vitamin C 0%
Iron 6%









HOW MANY CALORIES FROM FAT?

Nutrition Facts

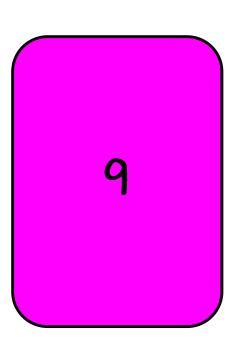
Serving Size 1/2 Cup (50g)

Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated I	Fat 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



70

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HOW MANY CALORIES IS THE WHOLE CONTAINER?

HINT: MULTIPLY SERVINGS PER CONTAINER BY CALORIES PER SERVING

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	nt 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

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HOW MANY GRAMS OF TOTAL FAT?

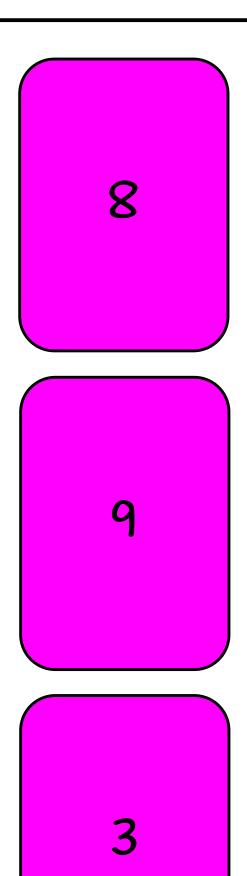
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









HOW MANY GRAMS OF SATURATED FAT?

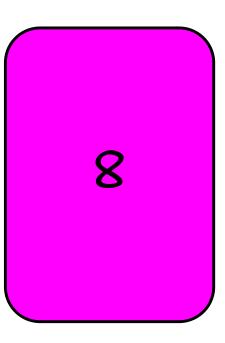
Nutrition Facts

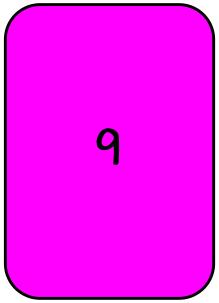
Serving Size 1/2 Cup (50g) Servings Per Container About 9

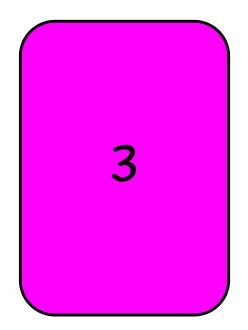
Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%













HOW MANY GRAMS OF SODIUM?

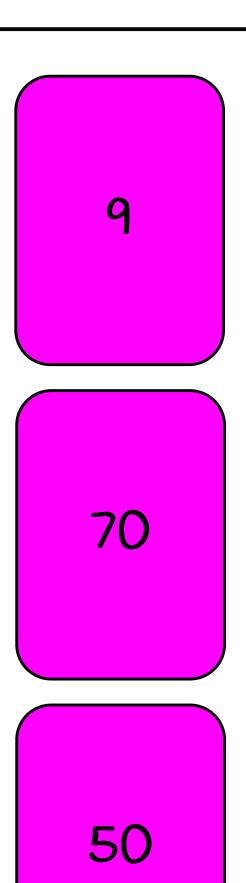
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

	ue 12% 15% 2%
	15%
t 3g	
	2%
	_/ 0
	5%
	12%
Vitamin C	0%
Iron	6%
	Vitamin C









HOW MANY GRAMS OF POTASSIUM?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated I	Fat 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%







11 HOW MANY GRAMS OF TOTAL CARB.?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated F	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

12 36 5(







HOW MANY GRAMS OF SUGAR?

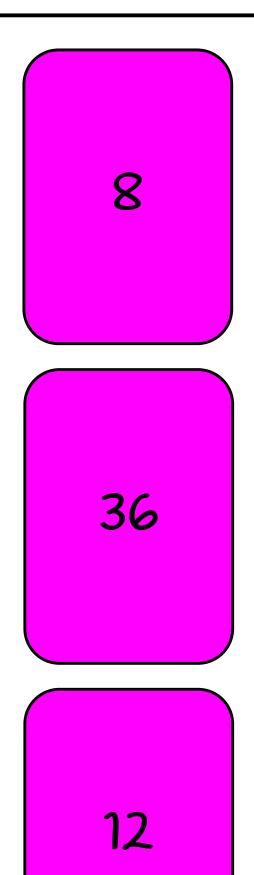
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated F	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









HOW MANY GRAMS OF PROTEIN?

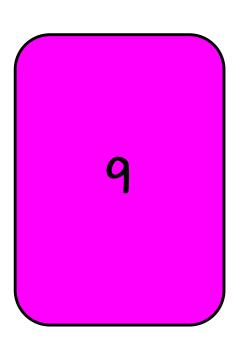
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



12







WHAT IS THE % DAILY VALUE OF TOTAL FAT?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

180 36 12







¹⁵ WHAT IS THE % DAILY VALUE OF SATURATED FAT?

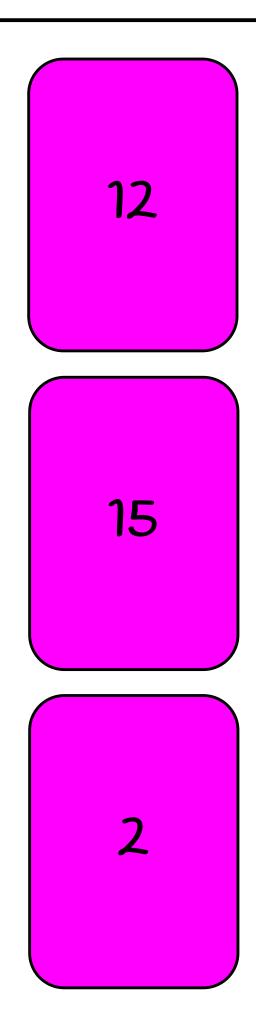
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	 12%
Saturated F	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









WHAT IS THE % DAILY VALUE OF SODIUM?

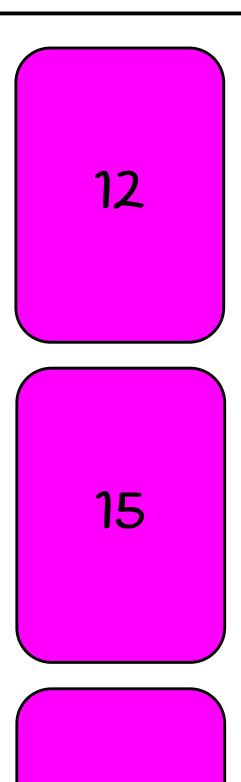
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%











WHAT IS THE % DAILY VALUE OF POTASSIUM?

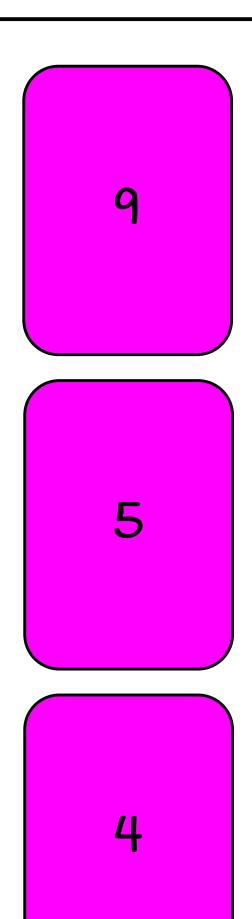
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% C	Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









WHAT IS THE % DAILY VALUE OF TOTAL CARB.?

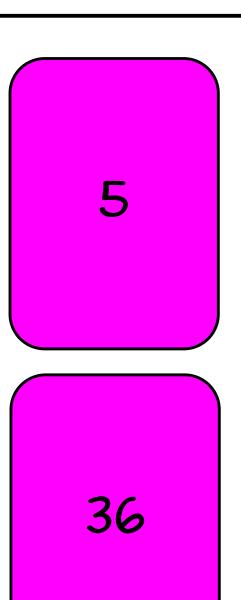
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



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¹⁹ WHAT IS THE % OF VITAMIN A?

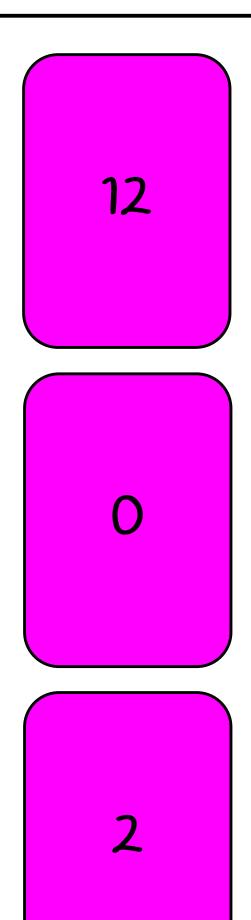
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% [Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



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WHAT IS THE % OF VITAMIN C?

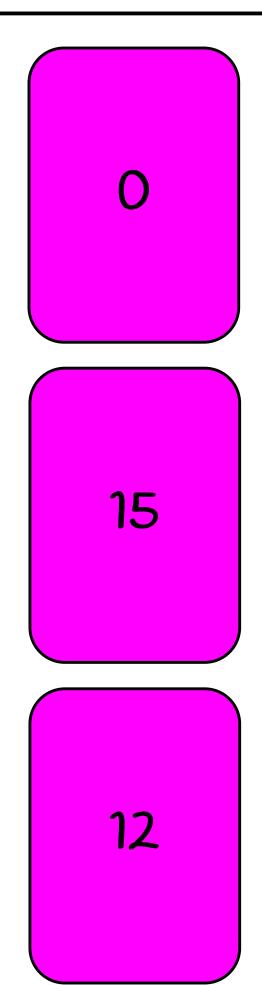
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% C	Daily Value
Total Fat 8g	12%
Saturated Fat	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



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WHAT IS THE % OF CALCIUM?

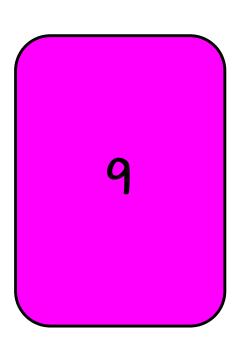
Nutrition Facts

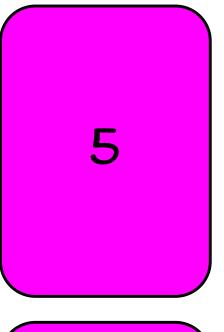
Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% C	Daily Value
Total Fat 8g	12%
Saturated Fat	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%











WHAT IS THE % OF IRON?

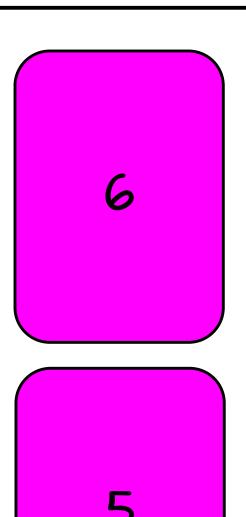
Nutrition Facts

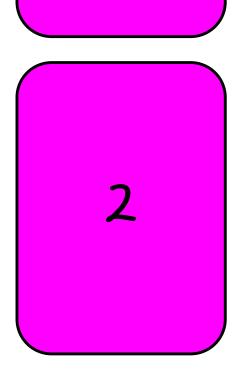
Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

Saturated Fat 3g15%Sodium 50g2%Potassium 180g5%Total Carb. 36g12%Sugars 12gSugars 12gProtein 4gVitamin A 0%		
Saturated Fat 3g15%Sodium 50g2%Potassium 180g5%Total Carb. 36g12%Sugars 12gSugars 12gProtein 4gVitamin A 0%	% D	Daily Value
Sodium 50g2%Potassium 180g5%Total Carb. 36g12%Sugars 12gSugars 12gProtein 4gVitamin C 0%	Total Fat 8g	12%
Potassium 180g5%Total Carb. 36g12%Sugars 12gProtein 4gVitamin A 0%Vitamin C 0%	Saturated Fat	:3g 15%
Total Carb. 36g12%Sugars 12gProtein 4gVitamin A 0%Vitamin C 0%	Sodium 50g	2%
Sugars 12g Protein 4g Vitamin A 0% Vitamin C 0%	Potassium 180g	5%
Protein 4g Vitamin A 0% Vitamin C 0%	Total Carb. 36g	12%
Vitamin A 0% Vitamin C 0%	Sugars 12g	
	Protein 4g	
Calcium 2% Iron 6%	Vitamin A 0%	Vitamin C 0%
	Calcium 2%	Iron 6%











IF YOU HAVE 2 SERVINGS, HOW MANY CALORIES IS THAT?

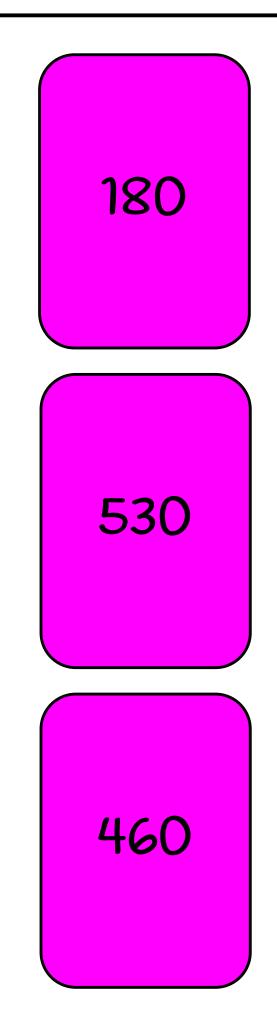
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

<u> </u>	Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









24

IF YOU HAVE 3 SERVINGS, HOW MANY CALORIES IS THAT?

Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	at 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

530

690







IF YOU USE 2 CUPS, HOW MANY SERVINGS WILL THAT MAKE?

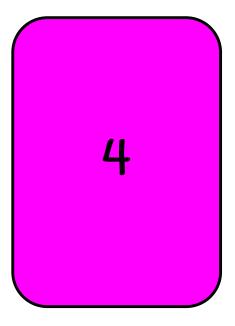
Nutrition Facts

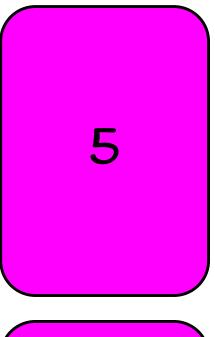
Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% C	Daily Val	ue
Total Fat 8g	-	12%
Saturated Fa	t 3g	15%
Sodium 50g		2%
Potassium 180g		5%
Total Carb. 36g		12%
Sugars 12g		
Protein 4g		
Vitamin A 0%	Vitamin C	0%
Calcium 2%	Iron	6%





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IF YOU USE **1 CUP**, HOW MANY **SERVINGS** WILL THAT MAKE?

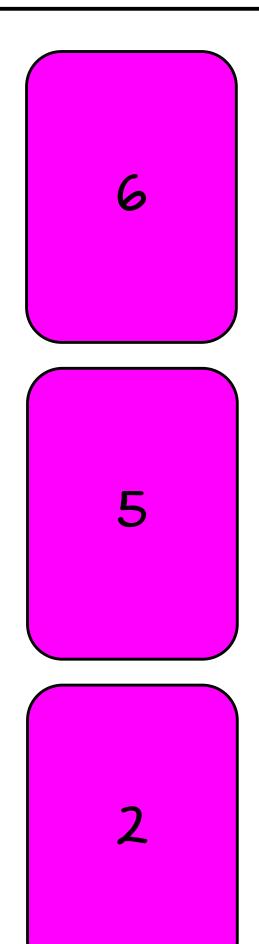
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% Daily Value	
12%	
:3g 15%	
2%	
5%	
12%	
Vitamin C 0%	
Iron 6%	









HOW MANY CUPS DO YOU NEED TO MAKE 6 SERVINGS?

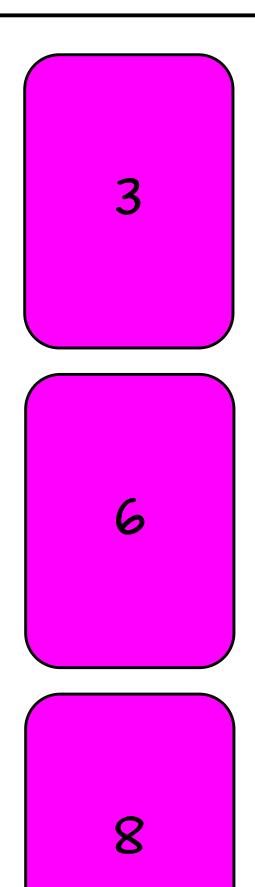
Nutrition Facts

Serving Size 1/2 Cup (50g) Servings Per Container About 9

Amount Per Serving

Calories 230 Calories from Fat 70

% [Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%



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HOW MANY CUPS DO YOU NEED TO MAKE 8 SERVINGS?

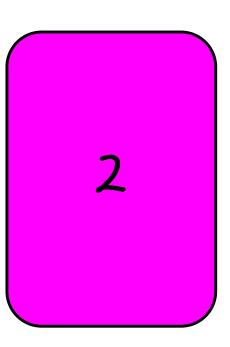
Nutrition Facts

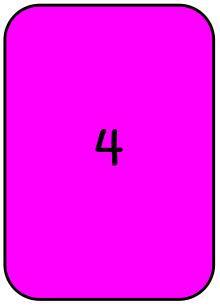
Serving Size 1/2 Cup (50g) Servings Per Container About 9

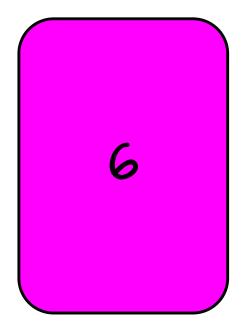
Amount Per Serving

Calories 230 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	nt 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 12g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%













IF YOU USE **2 CUPS**, HOW MANY **SERVINGS** WILL THAT MAKE?

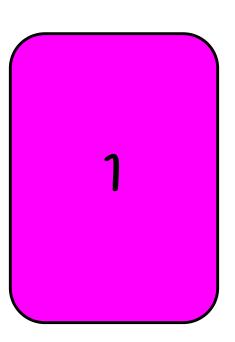
Nutrition Facts

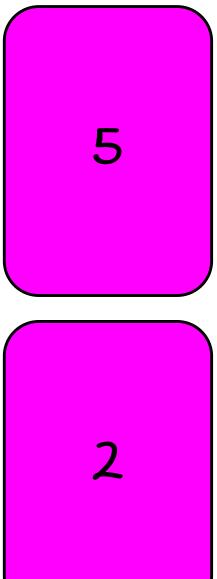
Serving Size 2 Cups (200g) Servings Per Container About 3

Amount Per Serving

Calories 450 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	nt 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 21g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%











IF YOU USE 6 CUPS, HOW MANY SERVINGS WILL THAT MAKE?

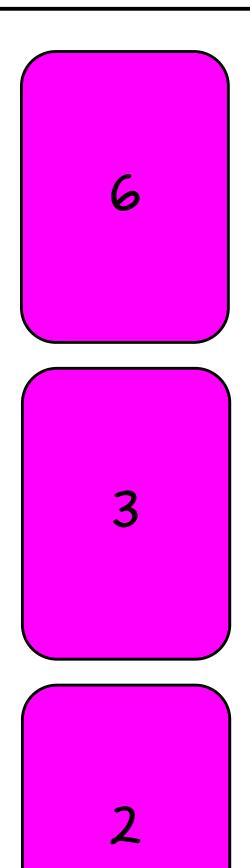
Nutrition Facts

Serving Size 2 Cups (200g) Servings Per Container About 3

Amount Per Serving

Calories 450 Calories from Fat 70

% Daily Value	
Total Fat 8g	12%
Saturated Fa	nt 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 21g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









HOW MANY CUPS DO YOU NEED TO MAKE 6 SERVINGS?

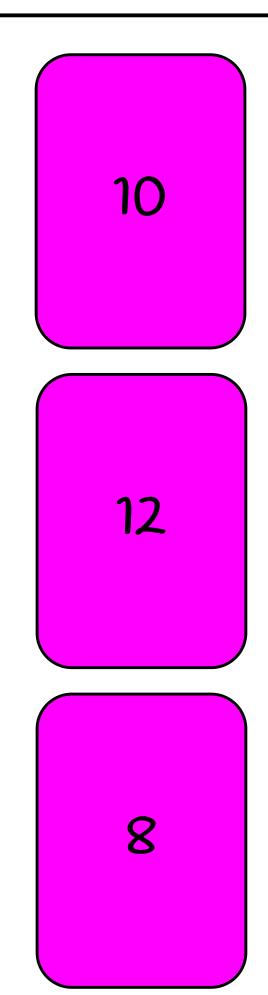
Nutrition Facts

Serving Size 2 Cups (200g) Servings Per Container About 3

Amount Per Serving

Calories 450 Calories from Fat 70

%	Daily Value
Total Fat 8g	12%
Saturated Fa	t 3g 15%
Sodium 50g	2%
Potassium 180g	5%
Total Carb. 36g	12%
Sugars 21g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%









HOW MANY CUPS DO YOU NEED TO MAKE 3 SERVINGS?

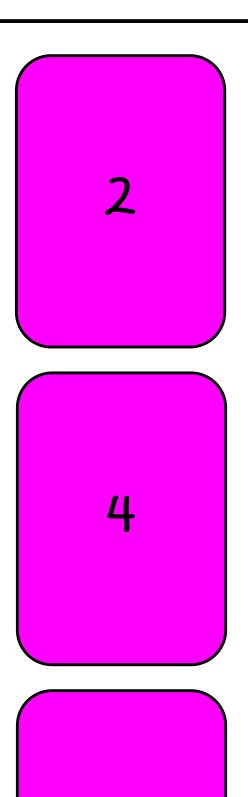
Nutrition Facts

Serving Size 2 Cups (200g) Servings Per Container About 3

Amount Per Serving

Calories 450 Calories from Fat 70

<u>Maily Value</u>		
Total Fat 8g		12%
Saturated Fa	at 3g	15%
Sodium 50g		2%
Potassium 180g		5%
Total Carb. 36g		12%
Sugars 21g		
Protein 10g		
Vitamin A 0%	Vitamin	C 0%
Calcium 2%	lro	n 6%



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ALL DONE!