

Appendix IV

SIDE-BY-SIDE COMPARISON

Original Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories	230	Calories from Fat	72
% Daily Value*			
Total Fat	8g		12%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	160mg		7%
Total Carbohydrate	37g		12%
Dietary Fiber	4g		16%
Sugars	12g		
Protein	3g		
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value 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

New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat	8g 10%
Saturated Fat	1g 5%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	160mg 7%
Total Carbohydrate	37g 13%
Dietary Fiber	4g 14%
Total Sugars	12g
Includes 10g Added Sugars	20%
Protein	3g
Vitamin D	2mcg 10%
Calcium	260mg 20%
Iron	8mg 45%
Potassium	235mg 6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	