



## Fit4Kidz Food Label

Nutrition Facts			
Serving Size 1/2 cup (118mL)			
Serving Per Container 2			
Amount Per Serving			
Calories 120		Calories from Fat 20	
		% Daily Value *	
Total Fat 2g		3%	
Saturated Fat 1g		5%	
Trans Fat 0g			
Cholesterol 30mg		9%	
Sodium 160mg		7%	
Total Carbohydrate 19g		6%	
Dietary Fiber 3g		12%	
Sugars 3g			
Protein 6g			
Vitamin A 10%		▪	Vitamin C 15%
Calcium 30%		▪	Iron 2%
* 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 Carb		300g	375g
Dietary Fiber		25g	30g