



Nutrition Facts

FIND A PACKAGE OF FOOD IN YOUR KITCHEN WITH A NUTRITION LABEL ON IT, AND FILL IN THE BLANK LABEL BELOW TO MATCH!

Nutrition Facts	
serving per container	
Serving size	
Amount per serving	
Calories	
% Daily Value*	
Total Fat	g %
Saturated Fat	g %
<i>Trans</i> Fat	g
Cholesterol	mg %
Sodium	mg %
Total Carbohydrate	g %
Dietary Fiber	g %
Total Sugars	g
Includes	Added Sugars %
Protein	g
Vitamin D	mcg %
Calcium	mg %
Iron	mg %
Potassium	mg %
* 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.	
Ingredients:	