

Nutrition Facts

servings per container
Serving size 1/4 cup (43g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 198mg	4%

*The % Daily Value 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.

Buckwheat, Whole Grain

Data from USDA Database

To complete label:

- Fill in number of servings per container
 - Total weight of product divided by grams in a serving
 - Example: container has 1 pound of grain, 1 pound = 454 grams, serving size is 45 grams, number of servings per container = $454/45 = 10$