

Nutrition Facts

servings per container

Serving size 1/4 cup (41g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 30g 11%

Dietary Fiber 3g 11%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 1mg 6%

Potassium 118mg 2%

*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.

Corn, White

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 = $454/45 = 10$