

# Nutrition Facts

servings per container

**Serving size** 1/4 cup (42g)

Amount per serving

**Calories** 220

% Daily Value\*

**Total Fat** 18g 23%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 15mg 1%

**Total Carbohydrate** 12g 4%

Dietary Fiber 11g 39%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 0mcg 0%

Calcium 107mg 8%

Iron 2mg 10%

Potassium 341mg 8%

\*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.

## Flaxseed, Whole

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 =  $454/45 = 10$