- Cereal A
  (Oatmeal)

Nutrition Facts

Serving Size .5 cup (40g)
Serving Per Container 30

Amount Per Serving

Calories 150	Calories from Fat 25
	% Daily Values*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 4g	**16%**
Sugars 1g	
Protein 5g	**10%**

Iron 10%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Cereal B
  (Ready-to-eat, with raisins)

Nutrition Facts

Serving Size 1 cup
Serving Per Container 7

Amount Per Serving

Calories 180	Calories from Fat 15
	% Daily Values*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 140mg	**4%**
Sodium 190mg	**8%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 5g	**20%**
Sugars 17g	
Protein 4g	**8%**

Vitamin A 10% • Vitamin C 2%
Calcium 2% • Iron 25%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Snack Food A

(Cheetos, chips or other)

Nutrition Facts

Serving Size 1 oz
Serving Per Container 3

Amount Per Serving

Calories 160	Calories from Fat 90
	% Daily Values*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0.5g	
Cholesterol 3mg	**1%**
Sodium 290mg	**12%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 1g	**4%**
Sugars 1g	
Protein 2g	**4%**

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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

- Snack Food B

(Popcorn, low-fat)

Nutrition Facts

Serving Size 2 tbsp unpopped (5 cups popped) (29g)
Serving Per Container 3

Amount Per Serving

Calories 110	Calories from Fat 15
	% Daily Values*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 0g	
Protein 3g	**6%**

Iron 4%

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Datos de Nutrición

Tamaño por Ración (228 g)
Raciones por Envase 2

Cantidad por Ración

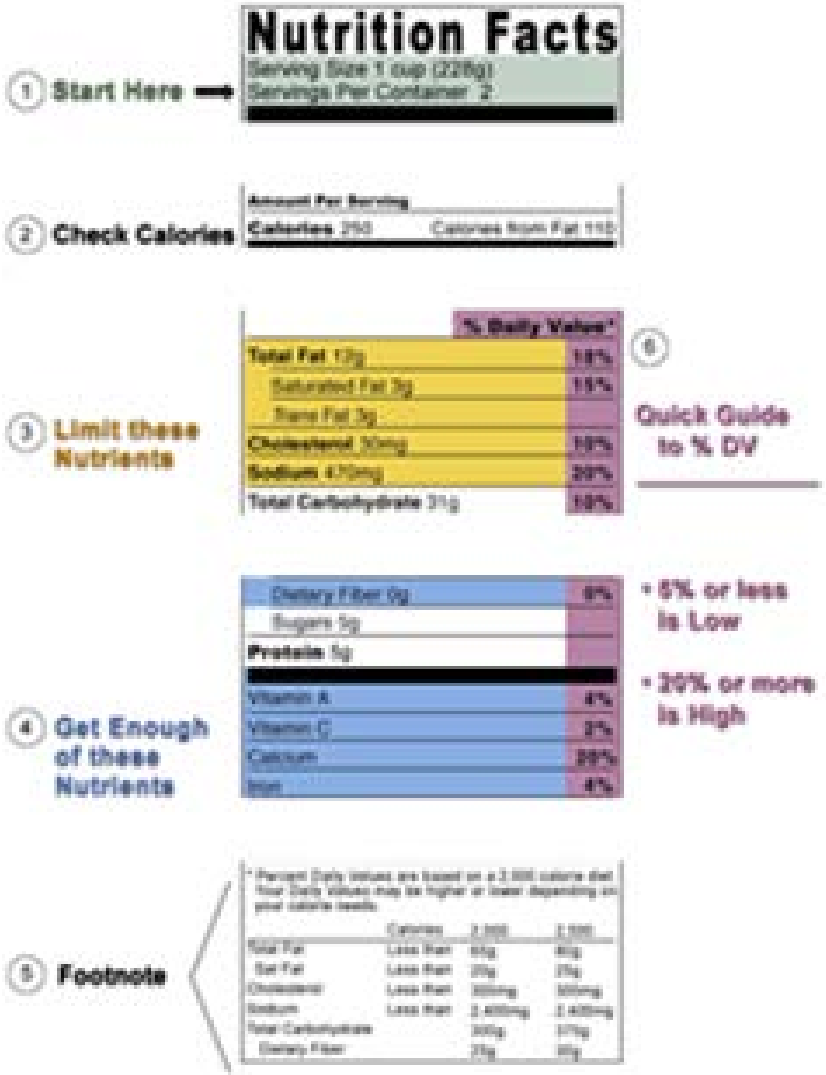
Calorías 250 | Calorías de grasa 110

	% Valor diario*
Grasa Total 12g	**18%**
Grasa Saturada 3g	**15%**
Grasa *Trans* 3g	
Colesterol 30mg	**10%**
Sodio 470mg	**20%**
Carbohidrato Total 31g	**10%**
Fibra Dietética 0g	**0%**
Azúcares 5g	
Proteínas 5g	
Vitamina A	4%
Vitamina C	2%
Calcio	20%
Hierro	4%

* Los porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus Valores Diarios pueden ser mayores o menores según sus necesidades calóricas:

	Calorías:	2,000	2,500
Grasas totales	Menos de	65g	80g
Grasas saturadas	Menos de	20g	25g
Colesterol	Menos de	300mg	300mg
Sodio	Menos de	2,400mg	2,400mg
Carbohidratos totales		300g	375g
Fibra dietética		25g	30g

http://www.fda.gov/downloads/Food/IngredientsPackagingLabeling/LabelingNutrition/UCM410487.pdf



http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm