

Nutrition Facts: Carbohydrates



Whole Wheat Pasta

Ingredients:

Whole Wheat Semolina Flour

Nutrition Facts			
Serving Size 1½ CUP DRY (85 g)			
Serving per container 5			
Amount per serving			
Calories 290		Calories from fat 13	
Total Fat	1.5g		2%
Saturated Fat	0.5g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	57g		19%
Dietary fiber	5g		20%
Sugar	3g		
Protein	11g		
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calories needs:			
	Calorie	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total carbohydrate	Less than	300g	375g
Dietary fiber	Less than	25g	30g
Calories per gram:			
Fat 9 - Carbohydrates 4 - Protein 4			



Fruity Cereal

Ingredients:

Rice, Sugar, Canola Oil, Salt, Natural and Artificial Flavor, Red 40, Yellow 6, Yellow 5, Blue 1, Blue 2, Turmeric Oleoresin (color). BHT and BHA added to preserve freshness.

Nutrition Facts	
About 31 servings per container	
Serving size	1 cup (36g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat	1.5g 2 %
Saturated Fat	0g 0 %
Trans Fat	0g
Cholesterol	0mg 0 %
Sodium	190mg 8 %
Total Carbohydrate	31g 11 %
Dietary Fiber	0g 1 %
Total Sugars	12g
Incl. 12g Added Sugars	25 %
Protein	1g
Vitamin D	2mcg 10 %
Calcium	0mg 0 %
Iron	1.8mg 10 %
Potassium	20mg 0 %
Vitamin A	50 %
Vitamin C	10 %
Thiamin	35 %
Riboflavin	40 %
Niacin	40 %
Vitamin B6	25 %
Folate	240mcg DFE (140mcg folic acid) 60 %
Vitamin B12	80 %
Phosphorus	2 %
Zinc	15 %
* 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.	