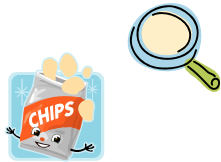


Label Lingo Bookmark

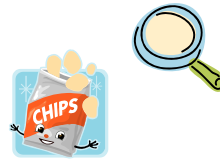
Be a label looker



Nutrition Facts			
Serving Size ½ cup (120 g)			
Servings Per Container 8			
Amount Per Serving			
Calories	200	Calories from Fat	72
		% Daily Value	
Total Fat	8g	12%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	290mg	12%	
Total Carbohydrate	28g	9%	
Dietary Fiber	3g	11%	
Sugar	12g		
Protein	4g		
Vitamin A	15%	Vitamin C	10%
Calcium	30%	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
Saturated Fat	Less than	20 g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Label Lingo Bookmark

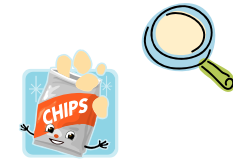
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