Nutrient Parameters:

**Fatty acids, total saturated** (%kcal) (9cal per 1g)

range [=<3%]kcal

**Fatty acids, total trans** (%kcal) (9cal per 1g)

range [<1%]kcal

**Total lipid, fat** (%kcal) (9cal per 1g)

range [8-12%]kcal

**Sugars, total** (%kcal) (4cal per 1g)

range [=<4%]kcal

**Carbohydrate** (%kcal) (4cal per 1g)

range [10-25%]kcal

**Protein** (%kcal) (4cal per 1g)

range [3-12%]kcal

**Cholesterol** (mg)

range [<100]mg

**Vitamin C, total ascorbic acid** (mg)

range [=>21]mg

**Vitamin A** (1x IU = .3 mcg RAE)

range [=>230, <1000]mcg RAE

**Sodium, Na** (mg)

range [=>150, <770]mg

**Iron, Fe** (mg)

range [=>5, <15]mg

**Calcium, Ca** (mg)

range [=>330, <835]mg

**Fiber, total dietary** (g)

range [=>8, <30]g

**Calories** (cal)

Range [=>100, <1000]cal