# **Old Food Label**

## Nutrition Facts

Serving Size 1 cup (250g)

Servings Per Container 2

Amount Per Serving:

* Calories 190
  + Calories from Fat 50

% Daily Value\*

* Total Fat 5g 8%
  + Saturated Fat 3g 15%
  + Trans Fat 0g
* Cholesterol 20mg 7%
* Sodium 190mg 8%
* Total Carbohydrate 29g 10%
  + Dietary Fiber 0g 0%
  + Sugars 0g
* Protein 8g 16%

Vitamin A 10%

Vitamin C 2%

Calcium 25%

Iron 0%

\*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 |

# **New Food Label**

## Nutrition Facts

2 servings per container

Serving size: 1 cup (250g)

Amount Per Serving

* Calories 190

% Daily Value\*

Total Fat 5g 6%

* Saturated Fat 3g 15%
* Trans Fat 0g

Cholesterol 20mg 7%

Sodium 190mg 8%

Total Carbohydrate 29g 11%

* Dietary Fiber 0g 0%
* Total Sugars 28g
  + Includes 16g Added Sugars 32%

Protein 8g 16%

Vitamin D 5mcg 25%

Calcium 325mg 25%

Iron 0mg 0%

Potassium 423 mg 8%

\*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.