

The two most important pieces of information for the carbohydrate controlled diet are:

1. The serving size.
2. The grams of total carbohydrate.

Nutrition Facts	
Serving Size 1 cup (228g)	←
Servings Per Container 2	←
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 80%	Vitamin C 60%
Calcium 4%	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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	

First: Check Serving Size

- The serving size for this food is 1 cup.
- There are 2 servings or 2 cups in this container.

Second: Check Total Carbohydrate Content

- The **Total Carbohydrate** tells how many grams of carbohydrate are in 1 serving. 15 grams of carbohydrate is equal to 1 carbohydrate serving.
- Fiber is also included in the total carbohydrate amount.
- Sugar is already included in the total carbohydrate amount. This value shows the total amount of both natural and added sugars.

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Note: This information is not meant to replace any information or personal medical advice which you get directly from your doctor(s). If you have any questions about this information, such as the risks or benefits of the treatment listed, please ask your doctor(s).