

APPENDIX – D

Label Examples for Cereal and Cracker Products

NUT CONTAINING WHOLE GRAIN CEREAL EXAMPLE

N u t r i t i o n F a c t s		
Serving Size 1 cup (59g)		
Servings Per Container (15.5 oz) about 7		
Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	240	280
Calories from Fat	50	50
% Daily Value**		
Total Fat 6g*	9%	9%
Saturated Fat 0.5g	3%	3%
Trans Fat 0g		
Polyunsaturated Fat 2.5g		
Monounsaturated Fat 2.5g		
Cholesterol 0mg	0%	0%
Sodium 250mg	10%	13%
Potassium 200mg	6%	11%
Total Carbohydrate 44g	15%	17%
Dietary Fiber 5g	20%	20%
Sugars 11g		
Other Carbohydrate 28g		
Protein 5g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	50%	50%
Vitamin B ₁₂	25%	35%
Phosphorus	15%	25%
Magnesium	15%	20%
Zinc	10%	15%
Copper	8%	8%
* Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.		
** 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	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Potassium		3,500mg 3,500mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g

Whole Wheat Cracker Label Example

Nutrition Facts			
Serving Size 7 crackers (31g)			
Servings Per Container			
Amount Per Serving			
Calories 140	Calories from Fat 45		
%Daily Value *			
Total Fat 5g			8%
Saturated Fat 1g			4%
Trans Fat 0g			
Polyunsaturated Fat 2.5g			
Monounsaturated Fat 1g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 21g			7%
Dietary Fiber 3g			12%
Sugars 0g			
Protein 3g			
Vitamin A 0% • Vitamin C 0% • Calcium 0%			
Iron 6%			
*Percent Daily Values are based on a 2000 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