

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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

Nutrition information is for *one* serving of the product and not for the whole container. This is based on a 2000 calorie diet.

- An average adult person needs between 1500 to 2000 calories a day depending on their activity level.
- 5 % or less means that it is low in that nutrient;
- 20 % or more means that it is high in that nutrient.

Follow these general guidelines when choosing products:

- Total Fat – less than 3 gm per serving
- Saturated Fat - less than 1 gm per serving
- Trans fat – 0 gm per serving
- Cholesterol – less than 20 mg per serving for non-meat products; less than 100 mg per serving for meat products
- Sodium - less than 140 mg per serving
- Dietary fiber – more than 3 gm per serving

營養成份

食用份量

每包裝所含食用份量數目

每食用份量

卡路里

總脂肪

飽和脂肪

反式脂肪

膽固醇

鈉

總碳水化合物

膳食纖維

糖

蛋白質

維他命 A

維他命 C

鈣

鐵

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Sodium 470mg **20%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A **4%**

Vitamin C **2%**

Calcium **20%**

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

脂肪熱量

%每日攝取量

營養成份是指每一份量食品所含的營養而非整個包裝。

根據每日 2000 千卡路里來計算

- 成年人平均每日需要 1500-2000 千卡路里，根據你的活躍程度而定
- 5% 或以下表示該產品含有該營養素較少
- 20% 或以上表示該產品含有該營養素較多

選擇食品時可以遵從以下指引：

脂肪總量 (Total Fat) 每份量 3 克(g)以下

飽和脂肪 (Saturated fat) 每份量 1 克(g)以下

反式脂肪 (Trans Fat) 每份量 0 克(g)

膽固醇 (Cholesterol) 非肉類食品每份量 20 毫克(mg)以下
肉類食品每份量 100 毫克(mg)以下

鈉 (Sodium) 每份量 140 毫克(mg)以下

纖維 (Dietary Fiber) 每份量 3 克(g)以上

糖 (Sugars) 每份量 5 克(g)以下