# Side-by-Side Comparison – Current Label

## Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 2/3 cup (55g)</th>
<th>Servings Per Container: About 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories: 230</td>
<td>Calories from Fat: 72</td>
</tr>
<tr>
<td>% Daily Value: 12%</td>
<td></td>
</tr>
<tr>
<td>Total Fat: 8g</td>
<td>12%</td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat: 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol: 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium: 160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate: 37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber: 4g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars: 1g</td>
<td></td>
</tr>
<tr>
<td>Protein: 3g</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>10%</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>8%</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>20%</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>45%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.*

<table>
<thead>
<tr>
<th>Calories: 2,000</th>
<th>2,500</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
</tr>
</tbody>
</table>

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