

Nutrition Facts

Serving Size 1 cup (253g)
Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 2g

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% ♦ Vitamin C 2%

Calcium 15% ♦ 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	300g
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

An easy way to monitor the amount of fiber consumed is to look at the numbers in the % Daily Value column on the Nutrition Facts Panel.

Foods that contain at least 20 percent of fiber per serving contribute high amounts of fiber.

Foods that contain 5 percent or less fiber per serving provide minimal amounts of fiber.

Dietary Guidelines recommend...

Make half your grains whole grains

What is dietary fiber?

Dietary fiber is a part of plant foods that the body cannot digest. The two major types of dietary fiber are insoluble fiber and soluble fiber. Insoluble fiber, which does not dissolve in water, moves more quickly through the digestive system than soluble fiber and helps to prevent constipation and hemorrhoids. It also creates a feeling of fullness. Soluble fiber, which does dissolve in water, can help lower blood cholesterol and glucose levels.

Why is dietary fiber important?

Dietary fiber has been shown to promote a healthy body in numerous ways. A high-fiber diet may reduce the risk of developing type 2 diabetes, reduce the risk for some cancers and other types of disorders, and help with weight control.

Diabetes

Dietary fiber can help lower blood cholesterol levels and slow the absorption of sugar, which for people with diabetes may decrease the need for insulin. Also, a high-fiber diet may reduce the risk of developing type 2 diabetes.

Cancer

Fiber may reduce the risk of colon cancer because insoluble fiber speeds the movement of digested food through the intestines. This may reduce the time the colon is exposed to cancer-promoting substances formed during digestion.

Hemorrhoids, Irritable Bowel Syndrome, and Diverticulitis

By moving foods through the intestines, a high-fiber diet may lower the risk of developing hemorrhoids, irritable bowel

syndrome, and diverticulitis, a condition caused by the development of small pouches in the colon.

Weight control

A high-fiber diet tends to create a feeling of fullness and makes one feel satisfied longer. Also, high-fiber foods generally require more chewing time, slowing the eating process. This gives the body time to register when it is no longer hungry so one is less likely to overeat. High-fiber diets also tend to be less “energy dense,” meaning they have fewer calories per volume of food.

What is the recommended amount of dietary fiber?

The amount of daily dietary fiber needed depends on the number of calories eaten. For a 2,000 calorie diet it is recommended that 25 grams of fiber be consumed. For a 2,500 calorie diet the amount of fiber needed increases to 30 grams. For all calorie levels below 2,000 calories, 20 grams of fiber is the minimum amount recommended.

In general, the Dietary Reference Intakes recommend:

- 38 grams for men age 50 and younger
- 25 grams for women age 50 and younger
- 30 grams for men age 51 and older
- 21 grams for women age 51 and older

Finding fiber on the Nutrition Facts Panel

Fiber is included in the amount of total carbohydrate in a food and also is listed separately below total carbohydrate. The amount of dietary fiber in a serving of food is listed in grams (g) and as a percent Daily Value (% DV) based on how much fiber a serving contributes to a 2,000 calorie diet. Thus, the % Daily Value on the Nutrition Facts Panel is based on 25 grams.

