

# Side-by-Side Comparison

## Original Label

### Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container 8

#### Amount Per Serving

**Calories** 230      Calories from Fat 70

**% Daily Value\***

**Total Fat** 8g      **12%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **12%**

Dietary Fiber 4g      **16%**

Sugars 12g

**Protein** 3g

Vitamin A      10%

Vitamin C      8%

Calcium      20%

Iron      45%

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your Daily Value 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

## New Label

### Nutrition Facts

8 servings per container

**Serving size**      **2/3 cup (55g)**

#### Amount per serving

**Calories**      **230**

**% Daily Value\***

**Total Fat** 8g      **10%**

Saturated Fat 1g      **5%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 160mg      **7%**

**Total Carbohydrate** 37g      **13%**

Dietary Fiber 4g      **14%**

Total Sugars 12g

Includes 10g Added Sugars      **20%**

**Protein** 3g

Vitamin D 2mcg      10%

Calcium 260mg      20%

Iron 8mg      45%

Potassium 240mg      6%

\* The % Daily Value (DV) tells you how much a nutrient in  
a serving of food contributes to a daily diet. 2,000 calories  
a day is used for general nutrition advice.