

The numbers every body needs to know.

What are my daily targets?

2000
calories*

2300
mg sodium

20
g sat fat

PER 1 CUP SERVING

110
CALORIES

1g
SAT FAT
5% DV

410mg
SODIUM
17% DV

3g
SUGARS



Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

***The numbers shown are for a moderately active adult. Yours may be higher or lower.**

Find nutrition targets for your whole family at FactsUpFront.org

Along with recipes, shopping tips and more.

FactsUpFront.org

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What are my daily targets?

2000
calories*

2300
mg sodium

20
g sat fat



PER 1 CUP SERVING

100
CALORIES

0g
SAT FAT
0% DV

140mg
SODIUM
6% DV

1g
SUGARS

3g
FIBER
11% DV

CALCIUM
10% DV

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America's food and beverage companies

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The numbers every body needs to know.

What are my daily targets?

2000
calories*

2300
mg sodium

20
g sat fat



PER SANDWICH

250
CALORIES

3.5g
SAT FAT
17% DV

650mg
SODIUM
27% DV

2g
SUGARS

17g
FIBER
33% DV

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The numbers every body needs to know.

What are my daily targets?

2000
calories*

2300
mg sodium

20
g sat fat

PER 1 CUP SERVING

150
CALORIES

1.5g
SAT FAT
8% DV

160mg
SODIUM
7% DV

24g
SUGARS

8g
PROTEIN
16% DV

CALCIUM
40% DV



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The numbers every body needs to know.

What are my daily targets?

2000
calories*

2300
mg sodium

20
g sat fat

PER 2 TABLESPOONS SERVING

200
CALORIES

4g
SAT FAT
20% DV

15mg
SODIUM
1% DV

21g
SUGARS



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Los números que todos deben conocer.

¿Cuáles son mis metas diarias?

2000
calorías*

2300
mg sodio

20
g gra sat



PER 1 CUP SERVING

100
CALORIES

0g
SAT FAT
0% DV

140mg
SODIUM
6% DV

1g
SUGARS

3g
FIBER
11% DV

CALCIUM
10% DV

Ahora la información nutricional del dorso del paquete también puede ser encontrada justo enfrente en las marcas favoritas de Estados Unidos. Esto facilita a los compradores ocupados tomar decisiones educadas.

Conocer los límites diarios de calorías, sodio y grasa puede ayudarte a elegir los alimentos—y las cantidades—que son adecuadas para ti.

***Los números mostrados son para un adulto activo en forma moderada. Tus números puede ser más altos o más bajos. Encuentra las metas de nutrición para tu familia en FactsUpFront.org Junto con recetas, sugerencias de compras y más.**

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