

Oatmeal Peanut Butter C

Nutrition Facts

Serving Size (84g)

Servings Per Container 12

Amount Per Serving

Calories 390

Calories from Fat 210

% Daily Value*

Total Fat 23g **36%**

Saturated Fat 10g **49%**

Cholesterol 50mg **16%**

Sodium 350mg **15%**

Total Carbohydrate 42g **14%**

Dietary Fiber 2g **9%**

Sugars 29g

Protein 8g

Vitamin A 8%

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Vitamin C 0%

Calcium 4%

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Iron 8%

*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
Saturated 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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

FOODLIST NOTES: