Overheads

▶ Daily Meal Plan

Fat
0 grams carbohydrate/serving
Servings _____

Sweets (Other Carbohydrates)
15 grams carbohydrate/serving
_____ Servings

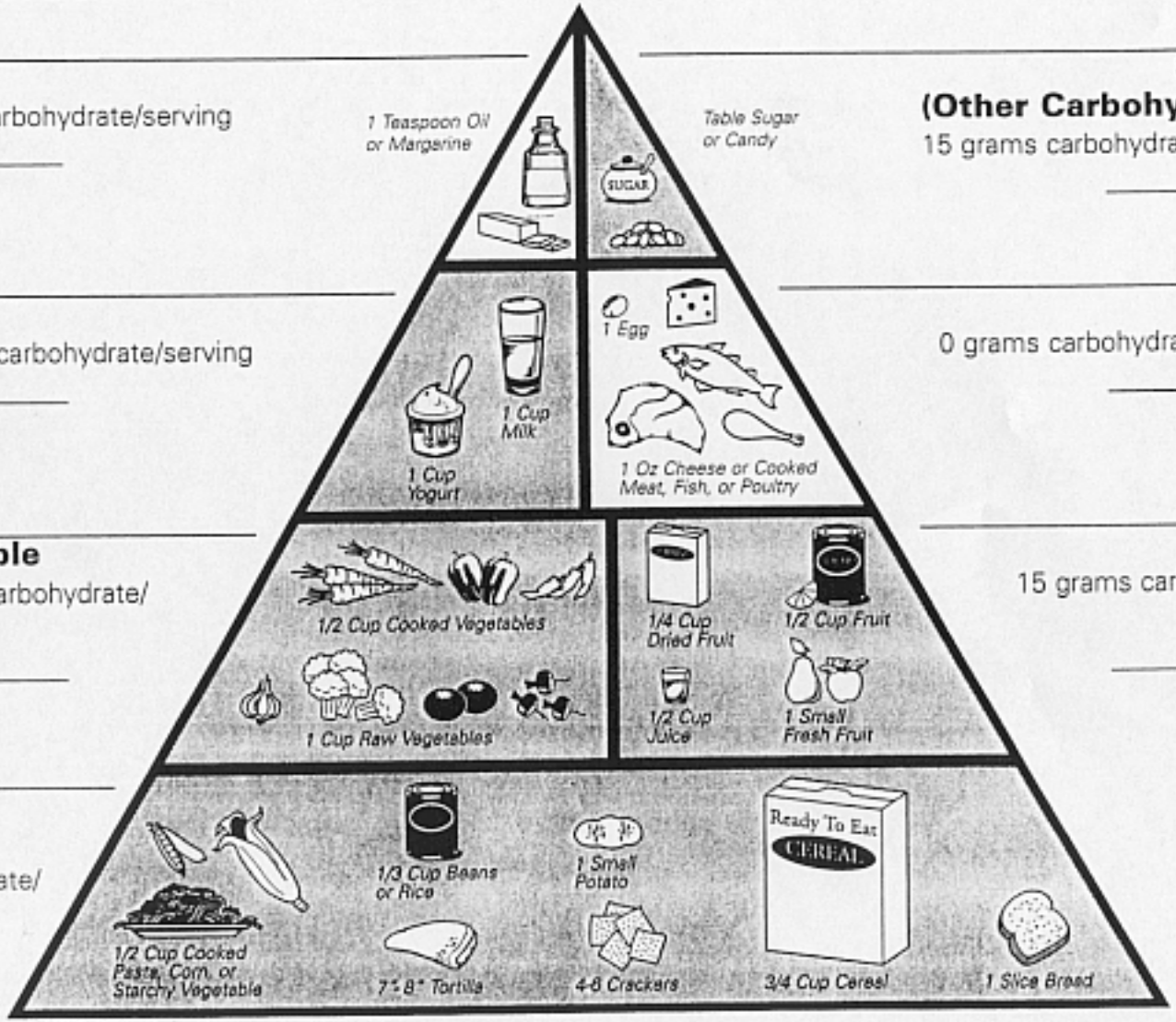
Milk
12 grams carbohydrate/serving
Servings _____

Meat
0 grams carbohydrate/serving
_____ Servings

Vegetable
5 grams carbohydrate/serving
Servings _____

Fruit
15 grams carbohydrate/serving
_____ Servings

Starch
15 grams carbohydrate/serving
Servings _____



Nutrition Facts

Serving Size ½ cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 300mg	**13%**
Total Carbohydrate 13g	**4%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 3g	

Vitamin A	80%	•	Vitamin C	60%
Calcium	4%	•	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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

More nutrients may be listed on some labels.