

Amount Per Serving	
Calories	150
Calories from Fat	25
% Daily Value	
Total Fat 3g	5%
Saturated Fat 0.5	2%
Trans Fat 0mg	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb 27g	9%
Dietary Fiber 4g	15%
Sugars 1g	
Protein 5g	

WeBeFit.com	
Serving Size Realistic?	
Fat - Calories ÷ 3 or 4	
Answer HIGHER than Fat	
Trans Fat - Avoid Partially Hydrogenated, Shortening, Interesterified, Stearate-Rich	
Salt - Max 125% of Calories	
Fiber - 3g Plus Per Serving	
Sugar - 1g Per 40 Calories	
Protein - Choose Higher	
Ingredients - Choose Less	