Nutrition Facts

4 servings per container

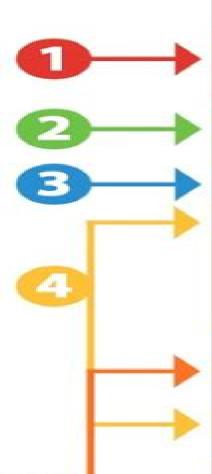
Serving size 1 cup (82g)

Amount per serving Calories

250

% 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 235mg	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.



Nutrition Guide Tutorial

Eleanor Noss Whitney, Sharon Rady Rolfes, MS, RDN, Tim Crowe, Adam Walsh



Adopting the Track of Phrase: An Mental Symphony within Nutrition Guide Tutorial

In some sort of consumed by screens and the ceaseless chatter of instantaneous conversation, the melodic elegance and emotional symphony developed by the published word frequently disappear in to the background, eclipsed by the relentless sound and disruptions that permeate our lives. However, nestled within the pages of **Nutrition Guide Tutorial** a wonderful literary prize full of organic thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts viewers on a mental journey, well unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths with this touching assessment, we can discover the book is key harmonies, analyze its enthralling writing model, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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