

**Serving size:** tells you how big of a serving something is in relation to the food label

**Calories:** How many calories are contained in the serving size.

**Saturated (Sat) Fat:** Comes mainly from animal fats and has been shown to increase risk of heart issues.

**Carbohydrates:** Important to eat, but should be limited in those with diabetes to about 60 grams for the entire meal and 30 grams for the entire snack.

**Sodium:** someone with high blood pressure and/or other cardiovascular issues should limit to about 1,500 mg per day. Those without should have about 2,300 mg.

<b>Nutrition Facts</b>		Amount/serving	%DV*	Amount/serving	%DV*
1 serving per package		<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carb.</b> 27g	<b>10%</b>
<b>Serving Size</b> 1 cookie (43g)		<b>Sat Fat</b> 1g	<b>5%</b>	Dietary Fiber 3g	<b>11%</b>
<b>Calories</b> per serving <b>160</b>		<i>Trans Fat</i> 0g		Total Sugars 6g	
		<b>Cholest</b> 10mg	<b>3%</b>	Incl. 6g of added sugars	<b>12%</b>
		<b>Sodium</b> 190mg	<b>8%</b>	<b>Protein</b> 5g	
<small>Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 1.4mg 8% • Potassium 110mg 2%</small> <small>*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.</small>					
<b>INGREDIENTS:</b> WHOLE WHEAT FLOUR, BLEACHED AND UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, RIBOFLAVIN, FOLIC ACID), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN EMULSIFIER), NATURAL VANILLA EXTRACT, BROWN SUGAR, INVERT SUGAR, DATE PASTE, CANOLA OIL, WHOLE EGGS POWDER, ORGANIC AGAVE INULIN, GRANULATED CANE SUGAR, WHEY PROTEIN CONCENTRATE, SEA SALT, BAKING SODA, NATURAL FLAVOR.					
Case Number 54119 <i>Extended shelf life</i> Meets New USDA Guidelines					

**Fiber and Added Sugars:** eating fiber is healthy for your blood sugars and digestive health. You need between 25-35 grams per day based on age and gender. Added sugar is bad for your blood sugar, it's ideal to limit added sugar to 25 grams per day.

**Ingredients that indicate there's sugar in them:**

- High fructose corn syrup
- Corn syrup
- Dextrose
- Sugar
- Honey
- Glucose
- Agave
- Malt Extract
- ...and 40 others!

**Protein:** protein comes from different sources including plants and animals. A healthy person needs about 0.8 grams of protein per kg of body weight (your weight/2.2).