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Indicates the total amount of fat in one serving of this product.

This food has 8 grams of fat per 2/3 cup serving.

A food is considered low fat if it has 3 grams of fat or less for every 100 calories.

Limit saturated fat to 1 gram or less for every 100 calories.

Avoid trans fats.

Indicates the total amount of salt in one serving of this product.

This food has 160mg of sodium per 2/3 cup serving.

It is suggested to limit salt intake to 1500mg per day when you have diabetes (2300 mg or less if you have pre-diabetes).

Things you can do:

- use fresh, low sodium frozen, or no salt added/ low-sodium canned food
- Limit processed foods and dining out
- Don't add salt to food

This area refers to the percentage of the daily recommended amount of each nutrient listed.

