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ACSM’s Resources for the Personal Trainer, 5th edition

UPDATE – Page 193, Figure 6.13: Panel A: Previous version of the food label (examples in text refer to this one). Panel B: The Food and Drug Administration (FDA) has released an updated food label. Available from <https://www.fda.gov/Food/-LabelingNutrition/ucm537159.htm>.

Nutrition Facts
Serving Size 1 cup (228 g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12 g	18%
Saturated Fat 3 g	15%
Trans Fat 3 g	
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Potassium 700 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5 g	
Protein 5 g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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	65 g	80 g
Sat fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

A

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Nutrition Facts
4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	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.

B