

Lactation Granola

Nutrition Facts

Serving Size: 4 oz (0.0g)

Servings Per Container: 4

Amount Per Serving

Calories 500 Calories from Fat 190

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 5g **25%**

Trans Fat 1g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrate 67g **22%**

Dietary Fiber 11g **44%**

Sugars 30g

Protein 13g

Vitamin A 4% • Vitamin C 2%

Calcium 6% • Iron 25%

* 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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g