Servings: larger, bolder type

New: added sugars

Change in nutrients required

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% 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.