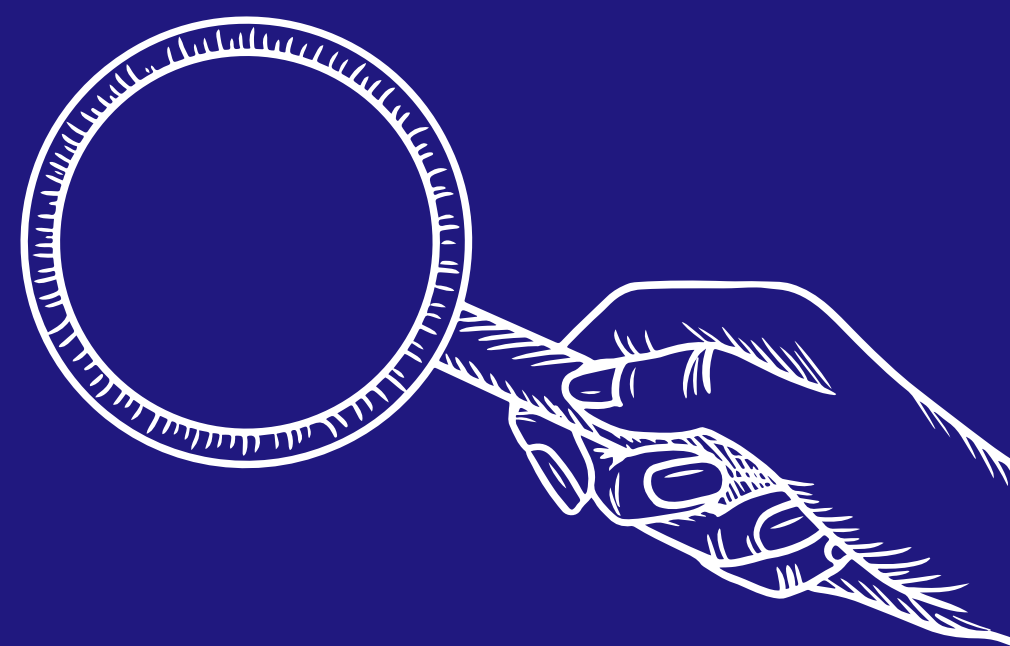




THE NUTRITION FACTS MADE SIMPLE



Check the Nutrition Facts



Nutrition Facts
can be found on
the outside of
most packages

Nutrition Facts

Kimchi Flavored Soba Noodles

1 serving per container

Serving size 1 package (85g)

Calories

370

% Daily Value*

Total Fat 13g 17%

Saturated Fat 7g 35%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1,320mg 57%

Over half your daily sodium limit in one serving

Total Carbohydrate 56g 20%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 9g

Vitamin D 0% Calcium 2% Iron 10% Potassium 4%

*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.

How To Read the Label

1 Check the Serving Size

- All Nutrition Facts are based on ONE serving.
- 2 servings = x2 Nutrition Facts

2 Compare Key Nutrients

- Choose items with less: Sodium, Saturated Fat, and Added Sugar
- Choose items with more: Fiber, Vitamins, Minerals, Protein

3 Check the % Daily Value

- 5% DV or less = **LOW**
- 20% DV or more = **HIGH**

4 Check Calories Per Serving

- Calories tell you how much energy is in one serving

Choose the Healthier Option

- ☒ Compare serving size
- ☒ Look for less sodium, saturated fat, and added sugars
- ☒ Look for more fiber, protein, vitamins, and minerals

Small changes can make a big difference for your health.



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