



ORGANIC WHOLE WHEAT PASTA

Nutritional Information

Serving Size: 2 oz. (56g)

Amount Per Serving		
Calories	210	Calories from Fat 15
		% Daily Value*
Total Fat	1.5g	3%
	Saturated Fat 0g	0%
	<i>Trans Fat</i> 0g	
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrate	38g	13%
	Dietary Fiber 4g	18%
	Sugars 0g	
Protein	10g	
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric 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

Calories per gram:

Fat	9	•	Carbohydrates	4	•	Protein	4
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8/27/2010