The numbers every body needs to know.

What are my daily targets?

2000 calories*
2300 mg sodium
20 g sat fat

PER 1 CUP SERVING
110 CALORIES
1 g SAT FAT
410 mg SODIUM
3 g SUGARS

Now key nutrition facts from the back of the package can also be found right up front on America's favorite brands. Making it easier for busy shoppers to make informed decisions.

By knowing your daily limits for calories, sodium and fat, you can choose the foods—and the amounts—that are right for you.

*The numbers shown are for a moderately active adult. Yours may be higher or lower.
Find nutrition targets for your whole family at FactsUpFront.org
Along with recipes, shopping tips and more.

Brought to you by America's food and beverage companies

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What are my daily targets?

- **2000** calories*
- **2300** mg sodium
- **20** g sat fat

PER 1 CUP SERVING

- **150** CALORIES
- **1.5 g** SAT FAT
- **160 mg** SODIUM
- **24 g** SUGARS
- **8 g** PROTEIN
- **CALCIUM**

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Los números que todos deben conocer.

¿Cuáles son mis metas diarias?

2000 calorías*  
2300 mg sodio  
20 g gra sat

Ahora la información nutricional del dorso del paquete también puede ser encontrada justo enfrente en las marcas favoritas de Estados Unidos. Esto facilita a los compradores ocupados tomar decisiones educadas.

Conocer los límites diarios de calorías, sodio y grasa puede ayudarte a elegir los alimentos—y las cantidades—que son adecuadas para ti.


Es una iniciativa de las compañías estadounidenses de alimentos y bebidas.

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