

## Canadian Bilingual Nutrition Facts Label

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Per 3 Tbsp (30 g) pour 3 c. à soupe (30 g)	
<b>Calories 120</b>	<b>% Daily Value*</b>
	<b>% valeur quotidienne*</b>
<b>Fat / Lipides 2 g</b>	<b>3 %</b>
Saturated / saturés 0.3 g	2 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 21 g</b>	
Fibre / Fibres 2 g	7 %
Soluble Fibre / Fibres solubles 0 g	
Insoluble Fibre / Fibres insolubles 2 g	
Sugars / Sucres 0 g	0 %
<b>Protein / Protéines 6 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 0 mg</b>	<b>0 %</b>
<b>Potassium 125 mg</b>	<b>3 %</b>
<b>Calcium 10 mg</b>	<b>1 %</b>
<b>Iron / Fer 2 mg</b>	<b>11 %</b>
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	
*5% ou moins c'est <b>peu</b> , 15% ou plus c'est <b>beaucoup</b>	

## U.S. Nutrition Facts Label

<b>Nutrition Facts</b>	
___ servings per container	
<b>Serving size</b>	<b>3 Tbsp. (30g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
	<b>% Daily Value*</b>
<b>Total Fat 2g</b>	<b>3%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 21g</b>	<b>8%</b>
Dietary Fiber 2g	7%
Soluble Fiber 0g	
Insoluble Fiber 2g	
<b>Total Sugars 0g</b>	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 2mg	10%
Potassium 120mg	2%
*The % Daily Value 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.	

Nutrition Facts are provided to show analytical data calculated on a per serving-basis for information only. This copy must not be considered a label ready or legally compliant format. All nutrient values are rounded in accordance with Canadian Nutrition Regulations (2016).