

Daily Intake Values

NUTRIENT	DAILY VALUE
Calories	2000
Fat	65 g
Saturated and Trans Fat	20g
Cholesterol	300mg
Sodium	2400mg
Carbohydrate	300g
Fibre	25g
Protein	50g
Vitamin A	3000 IU
Vitamin C	90mg
Calcium	1300mg
Iron	18mg

Note: Values are based on a 2000 calorie/day diet.

RE=Retinal Equivalentents