

Brown Rice

Nutrition Facts	
Serving Size 1 #12 scoop (86g)	
Servings Per Container 1	
Amount Per Serving	
Calories 130	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	1%
<i>Trans</i> Fat	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 80mg	2%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 2%
Thiamin 10%	• Riboflavin 2%
Niacin 10%	• Vitamin B6 10%
Folacin 2%	• Vitamin B12 0%
Phosphorus 10%	• Zinc 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie 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 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	* Carbohydrate 4 * Protein 4