

Most adults need 21 to 38 grams of fiber **EACH** day, depending on age and gender.

## Nutrition Facts Datos de Nutrición

Serving Size 1 cup (228g) / Tamaño de la Ración 1 taza (228g)

Servings Per Container 2 / Raciones Por Envase

Amount Per Serving / Cantidad Por Ración

Calories/Calorías 250      Calories from Fat / Calorías de Grasa 110

	% Daily Value* % Valor Diario*
<b>Total Fat/Grasa total</b> 12g	18%
Saturated Fat / Grasa Saturada 3g	15%
Trans Fat / Grasa de Trans 3g	
<b>Cholesterol / Colesterol</b> 30mg	10%
<b>Sodium / Sodio</b> 470mg	20%
<b>Potassium / Potasio</b> 700mg	20%
<b>Total Carbohydrate / Carbohidratos Total</b> 31g	10%
Dietary Fiber / Fibra Dietética 0g	0%
Sugars / Azúcares 5g	
<b>Protein / Proteínas</b> 5g	
<b>Vitamin A / Vitamina A</b>	4%
<b>Vitamin C / Vitamina C</b>	2%
<b>Calcium / Calcio</b>	20%
<b>Iron / Hierro</b>	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.  
\*Los Porcentajes de Valores Diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores dependiendo de las calorías que usted necesita.

	Calories / Calorías	2,000	2,500
Total Fat / Grasa Total	Less Than / Menos de	65g	80g
Saturated Fat/Grasa Saturada	Less Than / Menos de	20g	25g
Cholesterol/Colesterol	Less Than / Menos de	300mg	300mg
Sodium/Sodio	Less Than / Menos de	2,400mg	2,400mg
Total Carbohydrate/Carbohidratos Total		300g	370g
Dietary Fiber/Fibra Dietética		25g	30g

Calories per gram / Calorías por gramo:

Fat/Grasa 9 • Carbohydrate / Carbohidratos 4 • Protein / Proteínas 4

The amount of fiber is listed under the total carbohydrate section. Foods that are a good source of fiber have at least 2½ to 4 grams of fiber per serving. Foods that are an excellent source of fiber have 5 grams or more.

## Which has the most fiber?



3/4 cup apple juice

0.2 gram fiber



1/2 cup applesauce

1.7 grams fiber



1 whole apple without peel

1.7 grams fiber



1 whole apple with peel

3.3 grams fiber