

Nutrition Facts	
Serving Size 2 tablespoons (32g)	
Servings Per Container 14	
Amount Per Serving	
Calories 210 Calories from Fat 170	
**% Daily Value	
Total Fat 19g	29%
Saturated Fat 3g	14%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 5mg	0%
Total Carbohydrates 5g	2%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%

Ever wonder what all those claims on the front of the package mean? Check below to find out!

FDA Specifications for Health Claims and Descriptive Terms

Claim	Requirements that must be met before using the claim
Fat Free	Less than 0.5 grams fat per serving, with no added fat or oil
Low Fat	3 grams of fat or less per serving
Less Fat	25% of less fat than the comparison food
Saturated Fat Free	Less than 0.5 grams of saturated fat and 0.5 grams of trans-fatty acids per serving
Cholesterol Free	Less than 2mg cholesterol per serving, and 2 grams or less of saturated fat per serving
Low Cholesterol	20mg or less cholesterol per serving and 2 grams or less of saturated fat per serving
Reduced Calorie	At least 25% fewer calories per serving than the comparison food
Low Calorie	40 calories or less per serving
Extra Lean	Less than 5 grams of fat, 2 grams of saturated fat, and 95mg cholesterol per (100gram) serving of meat, poultry, or seafood
Lean	Less than 10grams of fat, 4.5grams saturated fat, and 95mg cholesterol per (100gram) serving of meat, poultry, or seafood
Light (fat)	50% or less of the fat than in the comparison food
Light (calories)	1/3 fewer calories than the comparison food
High Fiber	5 grams or more fiber per serving
Sugar Free	Less than 0.5 grams sugar per serving
Sodium Free or Salt Free	Less than 5mg of sodium per serving
Low Sodium	140mg or less per serving
Very Low Sodium	35mg or less per serving
Healthy	A food low in fat, saturated fat, cholesterol and sodium, and contains at least 10% of the Daily Values for vitamin A, vitamin C, iron, calcium, protein, or fiber
High, Rich In, or Excellent Source	20% or more of the Daily Value for a given nutrient per serving
Less, Fewer, or Reduced	At least 25% less of a given nutrient or calories than the comparison food
Low, Little, Few, or Low Source of	An amount that would allow frequent consumption of the food without exceeding the Daily Value for the nutrient- but can only make the claim as it applies to all similar foods
Good Source of, More, or Added	The food provides 10%more of the Daily Value for a given nutrient than the comparison food