


Nutritional Data Sheet

	Item: Organic Whole Wheat Couscous, 25 lb bags
	Item#: R10026

Effective Date: 07/27/2009
Doc #: NDS-R10026

Nutrition Facts

Serving Size 100 grams (100 grams)

Amount Per Serving

Calories 376	Calories from Fat 5
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% Daily Value*

Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 77g	26%
Dietary Fiber 5g	20%
Sugars	
Protein 13g	

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	6%

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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NOTE: This nutritional information is provided as a typical analysis for this product type. It is not meant to specifically represent the lot that is purchased.

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