

This is a "Bad" food:

Serving Size 1 cup (220g)	
Serving Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

If a serving is 250 calories, 10 percent of 250 is 25. The calories from fat should be no more than 25. This product has 110 calories from fat...making it a 44 percent fat product!

Let's look now at sodium (the stuff that encourages water weight). The amount of sodium in a serving should be equal to or no greater than the amount of calories. So in this case, the maximum amount of sodium should be 250mg. This product has a whopping 470, nearly double.