

Chia Seeds

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories 490 Calories from Fat: 257

% Daily Value *

Total Fat	31 g	47 %
Saturated Fat	3 g	16 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	19 mg	1 %
Total Carbohydrates	44 g	15 %
Dietary Fiber	38 g	151 %
Sugars	0 g	
Protein	16 g	

Vitamin A 0% Vitamin C 0 %

Calcium 63% Iron 0 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram

Fat 9 Carbohydrates 4 Protein 4