

# Rice-Brown, Organic

| Nutrition Facts  |           |                    |                           |
|--|-----------|--------------------|---------------------------|
| Serving Size:  |           | 1/4 cup(51g)       |                           |
| Serving per Container:   |           |                    |                           |
| Amount per Serving   |           |                    |                           |
| Calories   | 170       | Calories from Fat: | 14                        |
| % Daily Value *  |           |                    |                           |
| Total Fat  | 1.5 g     |                    | 2 %                       |
| Saturated Fat  | 0 g       |                    | 0 %                       |
| Trans Fat  | 0 g       |                    |                           |
| Cholesterol  | 0 mg      |                    | 0 %                       |
| Sodium   | 0 mg      |                    | 0 %                       |
| Total Carbohydrates  | 40 g      |                    | 13 %                      |
| Dietary Fiber  | 3 g       |                    | 11 %                      |
| Sugars   | 0 g       |                    |                           |
| Protein  | 3 g       |                    |                           |
|  |           |                    |                           |
| Vitamin A  | 0%        | Vitamin C          | 0 %                       |
| Calcium  | 0%        | Iron               | 2 %                       |
| * Percent Daily Values are based on a 2,000 calorie diet.<br>Your daily values may be higher or lower depending on<br>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 |

Ingredients: Organic Brown Rice