

Wheat-Germ

Nutrition Facts

Serving Size: 100g
 Serving per Container: n/a

Amount per Serving

Calories 360 Calories from Fat: 81

% Daily Value *

Total Fat	10 g	15 %
Saturated Fat	2 g	8 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	12 mg	1 %
Total Carbohydrates	52 g	17 %
Dietary Fiber	13 g	53 %
Sugars	0 g	
Protein	23 g	

Vitamin A 0% Vitamin C 0 %
 Calcium 4% Iron 35 %

* 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

Ingredients: Wheat Germ

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.