

Prairie Gold Wheat Berries

Nutrition Facts			
Serving Size 1/4 cup (30g / 1.1 oz.)			
Amount per serving			
Calories 100	Calories from Fat 0		
% DAILY VALUE*			
Total Fat 0.5g	1%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 10mg	0%		
Total Carbohydrate 21g	7%		
Dietary Fiber 3g	13%		
Sugars Less than 1g			
Protein 5g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		
Thiamin 10%	Roboflavin 4%		
Niacin 8%			
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you 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
Calories per gram:			
Fat 9	*	Carbohydrate 4	* Protein 4