

Granola Bar

Nutrition Facts

Serving Size 1 bar (25.0 g)

Amount Per Serving

Calories 118 Calories from Fat 44

% Daily Value*

Total Fat 5 g 8%

Saturated Fat 1 g 3%

trans Fat 0 g

Monounsaturated Fat 1 g

Polyunsaturated Fat 3 g

Cholesterol 0 mg 0%

Sodium 74 mg 3%

Total Carbohydrates 16 g 5%

Dietary Fiber 1 g 5%

Sugars 11.5 g

Protein 3 g

Vitamin A 1% • Vitamin C 0%

Calcium 2% • Iron 7%

* Based on a 2000 calorie diet

Serving Size: chosen by manufacturer

Calories: total energy in this food
(how much you could heat water
if you burned the food)

Total fat (**lipids**)

saturated (contains as many
hydrogen atoms as possible)

unsaturated (contain carbon-
carbon double bonds)

Cholesterol and Sodium
essential nutrients, but Americans
typically eat too much

Carbohydrates

fiber (undigestible,
usually cellulose)

sugars (any sugars)

the rest is "complex
carbs" (i.e. **starch**)

Protein (all types of proteins)

a few vitamins and minerals (as % of minimum daily recommendation, or "daily value")