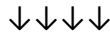
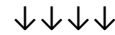


Example of *bad* label



Example of *good* label



Enriched Bleached flour (niacin, iron, riboflavin), sugar, artificial blueberry bites (palm oil, corn flour, artificial flavor, red coloring), vegetable oil, baking soda, corn starch, salt, eggs, sodium silicoaluminate.

May contain: milk and soy

Serving Size: 1/6 pouch (31g), Servings per Container: 6  
**Amount Per Serving, Calories** 120, Calories from Fat 25, %  
**Daily Value, Total Fat** 2.5g (4%), Saturated Fat 1g (4%),  
 Trans Fat, 1g, **Cholesterol** 0mg (0%), **Sodium** 230mg  
 (10%), **Total Carb** 23g (8%)  
 Sugars 11g, **Protein** 1g, Iron 2%, Thiamin 4%  
 Riboflavin 2%, Niacin 2%,  
 Not a significant source of dietary fiber, vitamin A and vitamin  
 C and calcium.  
 \* Percent Daily Values are based on a 2,000 calorie diet.

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Enriched Bleached flour (wheat flour, niacin, iron, riboflavin), sugar, artificial blueberry bites (palm oil, corn flour, artificial flavor, red 40, blue 1), vegetable oil (sunflower, and peanut oil), baking soda, corn starch, salt, eggs, sodium silicoaluminate (anticaking agent).

Nutrition Facts	
Serving Size 1/6 pouch (31g mix)	
Servings Per Pouch 6	
Amount Per Serving	
<b>Calories</b>	120
Calories from Fat	25
% Daily Value*	
<b>Total Fat</b> 2.5g	4%
Saturated Fat 1g	4%
Trans Fat 1g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 230mg	10%
<b>Potassium</b> 20mg	1%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 0g	0%
Sugars 11g	
<b>Protein</b> 1g	
Iron 2%	• Thiamin 4%
Riboflavin 2%	• Niacin 2%
Folate Acid 1%	•
Not a significant source of vitamin A, vitamin C and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

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