

# LOUISIANA

## Food Facts



No limits on competitive foods in schools

No requirement for restaurants to list calorie information for certain items on menus

### Nutrition Facts

Serving Size 2/3 cup (55g)  
Servings Per Container About 8

Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your diet.



No tax on sugar-sweetened beverages