

# NEW! COMPARING NUTRITION FACTS EXTRA BUTTER

Many consumers eat popcorn by the bag. Compared to other brands, we make understanding the nutrition facts simpler by providing FULL BAG POPPED information.

## Nutrition Facts

Serving Size 1 Bag (65g) Makes about 9½ cups popped

Amount Per Serving	1 Bag 1 bag Unpopped, Popped	1 Bag Unpopped	1 Bag Popped
<b>Calories</b>		310	290
Calories from Fat		150	140

% Daily Value\*

<b>Total Fat</b> 14g, 13g	<b>22%</b>	<b>20%</b>
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Saturated Fat 3g, 3g	<b>15%</b>	<b>15%</b>
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<i>Trans</i> Fat 0g, 0g		
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Polyunsaturated Fat 3.5g, 3.5g		
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Monounsaturated Fat 9g, 8g		
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<b>Cholesterol</b> 0mg, 0mg	<b>0%</b>	<b>0%</b>
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<b>Sodium</b> 680mg, 580mg	<b>28%</b>	<b>24%</b>
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<b>Total Carbohydrate</b> 35g, 33g	<b>12%</b>	<b>11%</b>
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Dietary Fiber 6g, 6g	<b>24%</b>	<b>24%</b>
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Sugars 0g, 0g		
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<b>Protein</b> 5g, 5g		
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Calcium	2%	2%
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Iron	8%	6%
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Not a significant source of Vitamin A and Vitamin C

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

## FULL BAG POPPED

CALORIES ..... 290

SATURATED FAT ..... 3g

TRANS FAT ..... 0g

**NATURALLY CHOLESTEROL FREE**

**100% WHOLE GRAIN**

**NATURALLY GLUTEN AND SUGAR FREE**

### INGREDIENTS:

Popcorn, Canola Oil, Salt, Hydrogenated Vegetable Oil (corn, cottonseed, soybean or sunflower), Contains 2% or less of the following: Natural and Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness.

Contains Milk Ingredients