

# NEW! COMPARING NUTRITION FACTS

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 (66g) Makes about 12 cups popped  
Servings Per Carton 8

| AMOUNT PER SERVING     | 1 BAG UNPOPPED | 1 BAG POPPED |
|------------------------|----------------|--------------|
| 1 bag Unpopped, Popped |                |              |
| <b>Calories</b>        | 270            | 250          |
| Calories from Fat      | 90             | 80           |

% Daily Value\*

|                                    |            |            |
|------------------------------------|------------|------------|
| <b>Total Fat</b> 10g, 9g           | <b>15%</b> | <b>14%</b> |
| Saturated Fat 1.5g, 1.5g           | <b>8%</b>  | <b>8%</b>  |
| Trans Fat 0g, 0g                   |            |            |
| Polyunsaturated Fat 2.5g, 2g       |            |            |
| Monounsaturated Fat 5g, 5g         |            |            |
| <b>Cholesterol</b> 0mg, 0mg        | <b>0%</b>  | <b>0%</b>  |
| <b>Sodium</b> 370mg, 350mg         | <b>15%</b> | <b>15%</b> |
| <b>Total Carbohydrate</b> 42g, 37g | <b>14%</b> | <b>12%</b> |
| Dietary Fiber 7g, 6g               | <b>28%</b> | <b>24%</b> |
| Sugars 0g, 0g                      |            |            |
| <b>Protein</b> 5g, 5g              |            |            |

|         |    |    |
|---------|----|----|
| Calcium | 2% | 2% |
| Iron    | 8% | 6% |

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 ..... 250**

**SAT FAT ..... 1.5g**

**TRANS FAT ..... 0g**

### INGREDIENTS:

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

Contains Milk Ingredients

**NATURALLY CHOLESTEROL FREE**

**100% WHOLE GRAIN**

**NATURALLY GLUTEN AND SUGAR FREE**