

# 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 (61g) Makes about 12 cups popped  
Servings Per Carton 8

| AMOUNT PER SERVING<br>1 bag Unpopped, Popped | 1 BAG<br>UNPOPPED | 1 BAG<br>POPPED |
|--|-------------------|-----------------|
| <b>Calories</b>                              | 240               | 230             |
| Calories from Fat                            | 60                | 60              |
| <b>% Daily Value*</b>                        |                   |                 |
| <b>Total Fat</b> 6g, 6g                      | <b>9%</b>         | <b>9%</b>       |
| Saturated Fat 1g, 1g                         | <b>5%</b>         | <b>5%</b>       |
| Trans Fat 0g, 0g                             |                   |                 |
| Polyunsaturated Fat 2g, 1.5g                 |                   |                 |
| Monounsaturated Fat 3.5g, 3.5g               |                   |                 |
| <b>Cholesterol</b> 0mg, 0mg                  | <b>0%</b>         | <b>0%</b>       |
| <b>Sodium</b> 390mg, 330mg                   | <b>16%</b>        | <b>14%</b>      |
| <b>Total Carbohydrate</b> 40g, 37g           | <b>13%</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     |

†Contains 4g of fat and 120 calories compared to 9g of fat and 160 calories per 30g of Butter Microwave Popcorn.

### 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**

**FULL BAG  
POPPED**

**CALORIES ..... 230**

**SAT FAT ..... 1g**

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