

Example table of Nutrition Facts for:

Whole durum wheat bread with olive oil - free form

Nutrition Facts	
8 servings per loaf	
Serving size	2 pieces (50g)
Amount per serving	
Calories	118
% Daily Value*	
Total Fat 2g	3%
Saturated Fat <1g	2%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 197mg	8%
Total Carbohydrate 22mg	7%
Dietary Fiber 3g	12%
Total Sugars <1g	
Includes 0g Added Sugars	<1%
Protein 4g	9%
Vitamin D 0mcg x% • Calcium 13mg 1%	
Iron 1mg 7% • Potassium 117mg 3%	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	