

**2004 NUTRITION LABEL
FDA VALUES**

328088

Amount of Nutrient / Percent Daily Value* (where applicable) per 1-ounce Serving (49 kernels)

	Raw Pistachios	Roasted/Unsalted	Roasted/Salted
Mandatory			
Calories	170	170	170
Calories from Fat	110	110	110
Total Fat (g)	13 / 20%	13 / 20%	13 / 20%
Saturated Fat (g)	1.5 / 8%	1.5 / 8%	1.5 / 8%
<i>Trans</i> Fat (g)	0	0	0
Polyunsaturated Fat (g)	4	4	4
Monounsaturated Fat (g)	7	7	7
Cholesterol (mg)	0 / 0%	0 / 0%	0 / 0%
Sodium (mg)	0 / 0%	0 / 0%	160 / 7%
Potassium (mg)	290 / 8%	300 / 9%	300 / 9%
Total Carbohydrate (g)	9 / 3%	9 / 3%	9 / 3%
Dietary Fiber (g)	3 / 12%	3 / 12%	3 / 12%
Sugars (g)	2	2	2
Protein (g)	6	6	6
Vitamin A	2%	2%	2%
Vitamin C	<2%	<2%	<2%
Calcium	4%	4%	4%
Iron	6%	6%	6%
Optional (may list all or some in <u>this</u> order)			
Vitamin E	6%	6%	6%
Thiamin	15%	15%	15%
Vitamin B-6	20%	20%	20%
Folate	4%	4%	4%
Phosphorus	15%	15%	15%
Magnesium	8%	8%	8%
Zinc	4%	4%	4%
Copper	20%	20%	20%
Manganese	15%	15%	15%

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

Data from the USDA National Nutrient Database for Standard Reference, Release 16 (2003).

Note: For specific formatting instructions, please consult FDA publications (i.e. Federal Register and FDA Food Labeling Questions and Answers) directly for requirements as they pertain to individual types of packaging. Go to <http://vm.cfsan.fda.gov> for food nutrition labeling.