

**Honey Bunches of Oats** 10g of Whole Grain Per Serving. 9 Essential Vitamins And Minerals. [www.honeybunchesofoats.com](http://www.honeybunchesofoats.com)

**5 Diet Foods To Never Eat** Losing Weight Is As Simple As Learning These 5 Foods To Avoid. [DailyLife.com](http://DailyLife.com)

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FOOD SUMMARY

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Nutrition Facts	
Serving Size 180 g	
Amount Per Serving	
<b>Calories 65</b>	Calories from Fat 2
% Daily Value*	
<b>Total Fat 0g</b>	0%
<b>Saturated Fat 0g</b>	0%
Trans Fat	
<b>Cholesterol 0mg</b>	0%
<b>Sodium 0mg</b>	0%
<b>Total Carbohydrate 21g</b>	7%
<b>Dietary Fiber 4g</b>	17%
Sugars 17g	
Protein 2g	
Vitamin A 8%	Vitamin C 160%
Calcium 7%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	

**Nutritional Target Map**

**Caloric Ratio Pyramid**

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The good: This saturated Fat, Cholesterol and Sodium. It is also a good source of Thiamin, Folate and Potassium, and a very good source of Dietary Fiber and Vitamin C.

The bad: A large portion of the calories in this food come from sugars.

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**NUTRIENT BALANCE**

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PROTEIN QUALITY

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NUTRITION INFORMATION			
Amounts per 1 cup, sections (180g)			
<b>Calorie Information</b>			
Amounts Per Selected Serving			%DV
Calories	84.6	(354 kJ)	4%
From Carbohydrate	77.1	(323 kJ)	
From Fat	1.8	(7.5 kJ)	
From Protein	5.7	(23.9 kJ)	
From Alcohol	0.0	(0.0 kJ)	
<b>Carbohydrates</b>			
Amounts Per Selected Serving			%DV
Total Carbohydrate	21.1	g	7%
Dietary Fiber	4.3	g	17%
Starch	0.0	g	
Sugars	18.8	g	
<b>Fats &amp; Fatty Acids</b>			
Amounts Per Selected Serving			%DV
Total Fat	0.2	g	0%
Saturated Fat	0.0	g	0%
Monounsaturated Fat	0.0	g	
Polyunsaturated Fat	0	g	
Total trans fatty acids	~		
Total trans-monoenoic fatty acids	~		
Total trans-polyenoic fatty acids	~		
Total Omega-3 fatty acids	12.6	mg	
Total Omega-6 fatty acids	32.4	mg	
Learn more about these fatty acids and their equivalent names			
<b>Protein &amp; Amino Acids</b>			
Amounts Per Selected Serving			%DV
Protein	1.7	g	3%
<b>Vitamins</b>			
Amounts Per Selected Serving			%DV
Vitamin A	405	IU	8%
Vitamin C	95.8	mg	160%
Vitamin D	~		~
Vitamin E (Alpha Tocopherol)	0.3	mg	2%
Vitamin K	0.0	mcg	0%
Thiamin	0.2	mg	10%
Riboflavin	0.1	mg	4%
Niacin	0.5	mg	3%
Vitamin B6	0.1	mg	5%
Folate	54.0	mcg	14%
Vitamin B12	0.0	mcg	0%
Pantothenic Acid	0.5	mg	5%
Choline	15.1	mg	
Betaine	~		
<b>Minerals</b>			
Amounts Per Selected Serving			%DV
Calcium	72.0	mg	7%
Iron	0.2	mg	1%
Magnesium	18.0	mg	4%
Phosphorus	25.2	mg	3%
Potassium	326	mg	9%
Sodium	0.0	mg	0%
Zinc	0.1	mg	1%
Copper	0.1	mg	4%
Manganese	0.0	mg	2%
Selenium	0.9	mcg	1%
Fluoride	~		
<b>Sterols</b>			
Amounts Per Selected Serving			%DV
Cholesterol	0.0	mg	0%
Phytosterols	~		
<b>Other</b>			
Amounts Per Selected Serving			%DV
Alcohol	0.0	g	
Water	156	g	
Ash	0.8	g	
Caffeine	0.0	mg	
Theobromine	0.0	mg	

**Footnotes for Oranges, raw, all commercial varieties**

Source: Nutrient data for this listing was provided by USDA SR-21. Each "~" indicates a missing or incomplete value.

Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2,000 calorie reference diet. Your daily values may be higher or lower based on your individual needs.

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