



Organic Long Grain Brown

Nutrition Facts	
Serving Size ¼ cup (42g) uncooked	
Servings about 10 Per pound	
Amount per Serving:	
Calories 150 calories from fat 10	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	11%
Dietary Fiber 1 g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0% . Vitamin C 0%	
Calcium 0% . Iron 0%	
* Percent Daly 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 300g 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per Gram:	
Fat 9	Carbohydrates 4 Protein 4

Organic Long Grain White

Nutrition Facts	
Serving Size ¼ cup (42g) uncooked	
Servings about 10 Per pound	
Amount per Serving:	
Calories 150 calories from fat 10	
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 0 g	0%
Sugars 0g	
Protein 3g	
Vitamin A 0% . Vitamin C 0%	
Calcium 0% . Iron 0%	
* Percent Daly 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 300g 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per Gram:	
Fat 9	Carbohydrates 4 Protein 4