

**CHS**  
**Ground Flax Seed (Meal)**

<b>NUTRITION FACTS</b>	
Serving Size: 1oz (30g)	
Servings per Container:	
Amount per Serving	
<b>Calories</b> 170	<b>Calories from Fat</b> 140
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	23%
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 4g	8%
Sugars 1g	
<b>Protein</b> 6g	
Vitamin A 0% * Vitamin C 0%	
Calcium 8% * Iron 6%	
*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
Saturated 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
Calories per gram:	
Fat 9 * Carbohydrate 4 * Protein 4	

**Ingredients: Flaxseed**

\*\*Allergens: None Present