

(Thai Labeling (English))

Nutrition Information	
Serving size : 1 sachet (10 g)	
Serving(s) per sachet : 1	
Amount Serving	
Total energy 40 Kcal (Energy from fat 0 Kcal)	
(Percent Thai RDI)*	
Total Fat 0.5 g.	1%
Saturated Fat 0 g.	0%
Cholesterol 0 mg.	0%
Protein 2 g.	
Total Carbohydrate 6 g.	2%
Dietary Fiber 4 g.	16%
Sugars 1 g.	
Sodium 0 mg.	0%
(Percent Thai RDI)*	
Vitamin A 0%	Vitamin B 1 0%
Vitamin B 2 0%	Calcium 25%
Iron 4%	
* Percent Thai Recommended Daily Intakes for population over 6 years of age are based on a 2,000 kcal diet	
Energy needs vary by individuals. If your activities require energy of 2,000 kcal per day, your daily diet should provide the following nutrients	
Total Fat	Less than 65 g.
Saturated Fat	Less than 20 g.
Cholesterol	Less than 300 mg.
Total Carbohydrate	300 g.
Dietary Fiber	25 g.
Sodium	Less than 2,400 mg.
Energy (kcal) per gram: Fat 9; Protein 4; Carbohydrate 4	

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Approved by :

  
(Mr. Samdant Sriruang)  
Signed for the Director,  
CERTIFIED  
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