

"The nutritional information data on this site is estimated using standard USDA measurements and calculations for the serving size listed and is based on current RDA's and DRI's established by the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences. We provide this information to help you make selections that fit your personal preferences and it is not intended to be used as the basis for calculating Medical Nutrition Therapy needs. Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get specific advice about the diet and exercise plan that's right for you."