

Nutrition Facts

Serving Size 8 crackers (28g)
(1 serving = 2 full cracker sheets)
Servings Per Container About 16

Amount Per Serving

Calories 120

Calories from Fat 20

% Daily Values *

Total Fat 2.5g

4%

Saturated Fat 0g

0%

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 0mg

0%

Sodium 140mg

6%

Total Carbohydrate 22g

7%

Dietary Fiber 1g

4%

Sugars 7g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 0%

* 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

Sat Fat Less than 20% 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400 mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Total Fat

The amount of fat included in each serving (in grams). A food is low in fat if the calories from fat multiplied by three are not greater than the calories per serving.

Cholesterol

As a part of a healthy diet, consume less than 300 mg of cholesterol per day

Percent Daily Values

% Daily Values shown in the far right column of the food label are for example only. To learn about your nutritional needs, work with a nutritionist.

Sodium

Select foods that are low in sodium. A low-sodium food has less than 140 mg of sodium per serving.

Total Carbohydrate

This figure totals fiber, sugar and other types of sugar or starch in a food product.

Protein

A protein-rich food contains 7 grams of protein or more per serving.