

## Food Labels

Saltine Crackers		
<b>Nutrition Facts</b>		
Serving Size 5 crackers (14gm)		
Servings Per Container about 32		
<b>Amount Per Serving</b>		
<b>Calories</b>	60	Calories from Fat 15
<b>% Daily Value*</b>		
<b>Total Fat</b>	1.5g	<b>2%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0.5g	
Polyunsaturated Fat	0g	
Monounsaturated Fat	0.5g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	190mg	<b>8%</b>
<b>Total Carbohydrate</b>	11g	<b>4%</b>
Dietary Fiber	1g	<b>1%</b>
Sugars	1g	
<b>Protein</b>	1g	
<b>Vitamin A</b>	0%	<b>Calcium</b> 0%
<b>Vitamin C</b>	0%	<b>Iron</b> 2%
*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	2000 2500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400m	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Saltine Cracker

Nutrition Facts	
Serving Size 4 pieces (28g/1oz)	
Servings Per Container about 10	
<b>Amount Per Serving</b>	
<b>Calories</b>	90
<b>% Daily Value*</b>	
<b>Total Fat</b>	0 g <b>0%</b>
<b>Sodium</b>	30 mg <b>1%</b>
<b>Total Carbohydrate</b>	23 g <b>8%</b>
Sugars	17 g
<b>Protein</b>	less than 1 g
Not a significant source of calories from fat, saturated fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, or iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Marshmallow

NUTRITION FACTS	
Serving Size: 1/4 cup (30g)	
Servings per Container About 15	
<b>Amount per Serving</b>	
<b>Calories</b>	120
	Calories from Fats 40
<b>% Daily Value*</b>	
<b>Total Fat</b>	4.5g <b>7%</b>
Saturated Fat	0g <b>3%</b>
Trans Fat	0g <b>0%</b>
<b>Cholesterol</b>	0mg <b>0%</b>
<b>Sodium</b>	0mg <b>0%</b>
<b>Total Carbohydrate</b>	19g <b>6%</b>
Dietary Fiber	3g <b>12%</b>
Sugars	5g
<b>Protein</b>	3g
<b>Vitamin A</b> 0%	<b>Vitamin C</b> 0%
<b>Calcium</b> 0%	<b>Iron</b> 4%
* Percent Daily Values are based on a 2,000 calorie diet. Contains nuts (macadamia, coconut) and eggs	

Macadamia Nuts