

Nutrition Facts

Serving Size 2 crackers (14 g)
Servings Per Container About 21

Amount Per Serving

Calories 60 Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber Less than 1g **3%**

Sugars 0g

Protein 2g

Vitamin A 0% • **Vitamin C** 0%

Calcium 0% • **Iron** 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:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

How many calories are there?

80

90

30

60

What is the % of total fat?

2%

20%

none

3%

How many servings are there?

21

19

12

32

What is the serving size?

2 crackers

1 cracker

3 crackers

9 crackers

How many calories are in the whole thing?

1260

1620

1270

1430

How much sodium is there per serving?

70mg

80mg

20mg

7mg

Are there any grams of sugars?

Yes

No

How much cholesterol is there?

0mg

3mg

10mg

7mg

How many calories are there per 2 servings?

120

210

326

530

What is the percentage of calcium?

0%

2%

4%

1%

Nutrition Facts

Serving Size 2 crackers (14 g)

Servings Per Container About 21

Amount Per Serving

Calories 60 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 70mg 3%

Total Carbohydrate 10g 3%

Dietary Fiber Less than 1g 3%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 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:	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	