

Product Labels (continued)

Read these cracker labels and answer the questions on the next page.

**CLUB Crackers**

**Nutrition Facts**

Serving Size	4 crackers
Serving Size Per Container	about 32
<b>Amount Per Serving</b>	
<b>Calories</b>	70
<b>% Daily Value</b>	
<b>Total Fat</b>	3g
	5%
Saturated Fat	1g
	5%
Polyunsaturated Fat	0.5g
Monounsaturated Fat	1g
<b>Cholesterol</b>	0mg
	0%
<b>Sodium</b>	140 mg
	6%
<b>Total Carbohydrate</b>	9g
	3%
Dietary Fiber	0g
	0%
Sugars	1g
<b>Protein</b>	1g

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamin, monontrate (vitamin B1), riboflavin (vitamin B2), folic acid, partially hydrogenated soybean and/or cottonseed oil, sugar, salt, baking soda, corn syrup.

*Guaranteed fresh or your money back!*

**Original Wheat Crackers**

**Nutrition Facts**

Serving Size	16 crackers
Serving Size Per Container	about 36
<b>Amount Per Serving</b>	
<b>Calories</b>	150
<b>% Daily Value</b>	
<b>Total Fat</b>	6g
	9%
Saturated Fat	1g
	6%
<b>Cholesterol</b>	0mg
	0%
<b>Sodium</b>	270 mg
	11%
<b>Total Carbohydrate</b>	21g
	7%
Dietary Fiber	1g
	4%
Sugars	3g
<b>Protein</b>	2g

**Ingredients:** Enriched flour (wheat flour, niacin, reduced iron, thiamin, riboflavin, folic acid), partially hydrogenated soybean oil, wheat germ, sugar, corn starch, salt, baking soda, corn syrup.