

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
<u>Amount Per Serving</u>		
Calories	70	Calories from Fat 25
		% Daily Value
Total Fat	3g	5%
Saturated Fat	1g	5%
Polyunsaturated Fat	0.5g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	140 mg	6%
Total Carbohydrate	9g	3%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	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
<u>Amount Per Serving</u>		
Calories	150	Calories from Fat 50
		% Daily Value
Total Fat	6g	9%
Saturated Fat	1g	6%
Cholesterol	0mg	0%
Sodium	270 mg	11%
Total Carbohydrate	21g	7%
Dietary Fiber	1g	4%
Sugars	3g	
Protein	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.