

Reading Labels

**Nutrition Facts**

Serving Size 1 slice (47g)  
Servings Per Container 6

**Amount Per Serving**

		<b>% Daily Value*</b>
<b>Calories</b>	160	Calories from Fat 90
<b>Total Fat</b>	10g	15%
Saturated Fat	2.5g	11%
<i>Trans</i> Fat	2g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	300mg	12%
<b>Total Carb</b>	15g	5%
Dietary Fiber	less than 1g	3%
Sugars	1g	
<b>Protein</b>	3g	
Vitamin A	0%	Vitamin C 4%
Calcium	45%	Iron 6%
Thiamin	8%	Riboflavin 6%
Niacin	6%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

**Start here**

**Check the total calories per serving**

**Limit these nutrients**

**Get enough of these nutrients**

**Quick Guide to % Daily Value:**  
**5% or less is low**  
**20% or more is high**