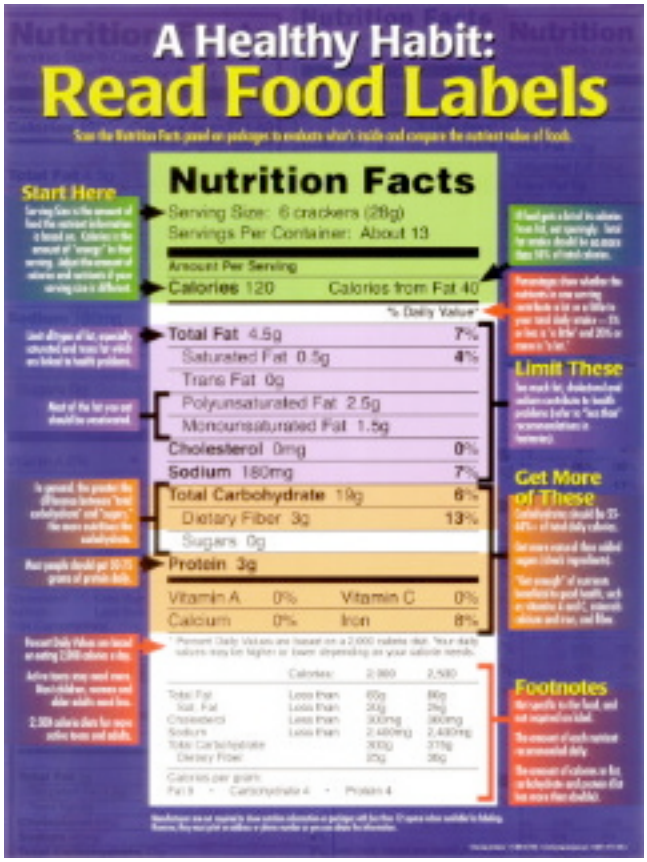
A Healthy Habit:
Read Food Labels
Start Here
Nutrition Facts
Serving Size: 6 crackers (28g)
Servings Per Container: About 13
Amount Per Serving
Calories 120
Calories from Fat 40
% Daily Value*
Total Fat 4.5g 7%
Saturated Fat 0.5g 4%
Trans Fat 0g
Polyunsaturated Fat 2.5g
Monounsaturated Fat 1.5g
Cholesterol 0mg 0%
Sodium 180mg 7%
Total Carbohydrate 19g 6%
Dietary Fiber 3g 13%
Sugars 0g
Protein 3g
Vitamin A 0% Vitamin C 0%
Calcium 0% Iron 8%
Limit These
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