



Cheese Sticks - 31133

Nutrition Facts

Serving Size: 2 sticks (57g)

Servings Per Container: About 14

Amount per Serving

Calories 170

Calories from Fat 80

		% Daily Value*
Total Fat	9g	7%
Saturated Fat	4g	10%
<i>Trans</i> Fat	0g	
Cholesterol	15mg	2%
Sodium	370mg	8%
Total Carbohydrate	14g	2%
Dietary Fiber	0g	0%
Sugars	1g	
Protein	8g	16%

Vitamin A 4% • Vitamin C 0% • Calcium 20% • Iron 4%

*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	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4