

# Cheese Sticks



## Nutrition Facts

Serving Size: 4 sticks (76g)

Servings per Container: 3.5

### Amount per Serving

**Calories** 240                      Calories from Fat 140

		% Daily Value*
<b>Total Fat</b>	16 g	<b>24%</b>
Saturated Fat	4 g	<b>22%</b>
<i>Trans</i> Fat	0g	
<b>Cholesterol</b>	20 mg	<b>6%</b>
<b>Sodium</b>	580 mg	<b>24%</b>
<b>Total Carbohydrate</b>	15 g	<b>5%</b>
Dietary Fiber	Less than 1g	<b>3%</b>
Sugars	0 g	
<b>Protein</b>	9 g	

Vitamin A 4% • Vitamin C 0% • Calcium 25% • Iron 0%

\*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		5g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4