

Cheese Sticks



Nutrition Facts

Serving Size: approximately 2 pieces (60g)

Servings per Container: about 30

Amount per Serving

Calories 210 Calories from Fat 100

		% Daily Value*
Total Fat	12g	18%
Saturated Fat	4g	22%
<i>Trans</i> Fat	0g	
Cholesterol	15mg	5%
Sodium	290mg	12%
Total Carbohydrate	17g	6%
Dietary Fiber	less than 1g	3%
Sugars	0g	
Protein	9g	

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		5g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4