

## What's On A Label? (Ritz Crackers)

<b>Nutrition Facts</b>																															
Serving Size 5 Crackers (16g) Servings Per Container About 28																															
<b>Amount Per Serving</b>																															
<b>Calories 80</b>		<b>Calories from Fat 36</b>																													
<b>Total Fat</b>	4g		<b>6%</b>																												
Saturated Fat	.5g		<b>3%</b>																												
<b>Cholesterol</b>	0mg		<b>0%</b>																												
<b>Sodium</b>	135mg		<b>6%</b>																												
<b>Total Carbohydrate</b>	10 g		<b>3%</b>																												
Dietary Fiber	less than 1g		<b>0%</b>																												
Sugars	1g																														
<b>Protein</b>	1g																														
Vitamin A	<b>0%</b>	Vitamin C	<b>11%</b>																												
Calcium	<b>0%</b>	Iron	<b>4%</b>																												
<p>* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;"></th> <th style="width: 15%; text-align: center;"><b>Calories</b></th> <th style="width: 15%; text-align: center;"><b>2,000</b></th> <th style="width: 15%; text-align: center;"><b>2,500</b></th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td style="text-align: center;">65g</td> <td style="text-align: center;">80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than</td> <td style="text-align: center;">20g</td> <td style="text-align: center;">25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td style="text-align: center;">300mg</td> <td style="text-align: center;">300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td style="text-align: center;">2,400mg</td> <td style="text-align: center;">2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td style="text-align: center;">300g</td> <td style="text-align: center;">375g</td> </tr> <tr> <td>Fiber</td> <td></td> <td style="text-align: center;">25g</td> <td style="text-align: center;">30g</td> </tr> </tbody> </table>					<b>Calories</b>	<b>2,000</b>	<b>2,500</b>	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	Fiber		25g	30g
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<p>Calories per gram: Fat 9                      Carbohydrate 4                      Protein 4</p>																															

Source: Commercial cracker package, 1999