NATIONAL SAFETY COUNCIL

NATIONAL
SAFETY
MONTH

Read the fine print

Limit your daily
sodium intake.

about
1 tsp.
a day

Nutrition Facts

Serving Size 3 oz. (85g)

Amount Per Serving	As Served
Calories 38	**Calories from Fat** 0
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	2%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	8%
Sugars 0g	
Protein 0g	

Vitamin A 270% • **Vitamin C** 10%
Calcium 2% • **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	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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