



Nutrition Facts Example Sheet **(A box of organic pretzel crackers)**

Serving Size: 21 crackers

Servings Per Container: 7

Amount Per Serving

Calories: 100 Calories from Fat: 23

Total Fat: 2.5g

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 445mg

Total Carbohydrates: 17g

Dietary Fiber: 0g

Sugar: 2g

Protein: 1.5g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

Percent of Daily Values