

## Mastering the Facts About Nutrition Facts

### Storybook Farms Processed Cheese Food “Lite”

<b>Nutrition Facts</b>	
Serving Size 1 slice (20g) Servings Per Package 10	
Amount Per Serving	
Calories 65	Calories from Fat 21
	% Daily Value*
Total Fat 2.5g	
Saturated Fat 2g	10%
Cholesterol 11mg	.04%
Sodium 400mg	16%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	
Sugars 1g	
Protein 4g	
Vitamin A 9%	Vitamin C 4%
Calcium 10%	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.	

### Kroft Processed Cheese Food

<b>Nutrition Facts</b>	
Serving Size 1 slice (21g) Servings Per Package 16	
Amount Per Serving	
Calories 70	Calories from Fat 46
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3.5g	17%
Cholesterol 15mg	.05%
Sodium 330mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	
Sugars 1g	
Protein 4g	

Vitamin A 4%	Vitamin C 0%
Calcium 10%	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.