

NUTRITION FACTS

String Cheese

Low Moisture Part Skim Mozzarella

Serving Size 1 oz.

Servings Per Container 1

Amount Per Servings

Calories 80 **Calories from Fat** 50

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.5g	18%
Trans Fat 0g	0%
Cholesterol 15mg	5%
Sodium 210mg	9%
Total Carbohydrate less than 1g	10%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 7g	

Vitamin A 4% Vitamin C 0%

Calcium 20% Iron 0%

*Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	<u>2,000</u>	<u>2,500</u>
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	70g