



Medifast Multigrain Crackers

Naturally Flavored

57235

Nutrition Facts

Serving Size 1 packet (11g)
Servings Per Container 7

Amount Per Serving

Calories 40 **Calories from Fat 10**

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 7g **2%**

Dietary Fiber 2g **8%**

 Sugars 0g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • 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
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

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Organic whole spelt flour, resistant corn starch (dietary fiber), organic cracked wheat, organic spelt, organic rye, organic barley, organic triticale, organic oats, organic flax, expeller pressed canola oil, oat fiber, sesame seeds, organic cane juice, salt, yeast.

CONTAINS: WHEAT