



Medifast Rosemary Sea Salt Crackers
Naturally Flavored

57245

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 60mg	2%
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), olive oil, oat fiber, rosemary, minced onion, organic cane juice, salt, yeast.

CONTAINS: WHEAT

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.