



# Medifast Ziti Marinara

Naturally Flavored

66650

## Nutrition Facts

Serving Size 1 packet (33g)  
Servings Per Container 7

Amount Per Serving

Calories 100 Calories from Fat 10

% Daily Value\*

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	16%
Potassium 530mg	15%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 2g	

Protein 11g

Vitamin A 20%	• Vitamin C 20%
Calcium 20%	• Iron 30%
Vitamin D 20%	• Vitamin E 20%
Vitamin K 20%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folate 25%
Vitamin B12 20%	• Biotin 20%
Pantothenic Acid 20%	• Phosphorus 20%
Iodine 20%	• Magnesium 30%
Zinc 20%	• Selenium 25%
Copper 20%	• Manganese 20%
Chromium 20%	• Molybdenum 20%
Chloride 10%	

\*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
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Textured soy protein concentrate, enriched macaroni (durum flour (wheat), niacin, iron, thiamin, riboflavin, folic acid), tomato powder, brown sugar, mozzarella and parmesan cheese blend (part-skim milk, salt, enzymes, disodium phosphate), chicory root inulin, modified food starch, salt, canola oil, garlic powder, silicon dioxide, onion powder, spices, natural flavor, oleoresin paprika (color), xanthan gum.

**Vitamins and Minerals:** Calcium carbonate, magnesium oxide, ascorbic acid, ferrous sulfate, zinc sulfate, vitamin E acetate, niacinamide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin A palmitate, chromium chloride, folic acid, biotin, potassium iodide, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

**CONTAINS: MILK, SOY, AND WHEAT.**

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