

Sliced Turkey Breast

Amount	Measure	Ingredient	Comments
2.00	oz	Sliced Turkey Breast, Healthy Bar	no allergens

Nutrition Facts	
Serving Size one slice (57g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 330mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 10g	
Vitamin A --%	• Vitamin C --%
Calcium --%	• Iron --%
*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	

Notes:

1/27/2010 11:45:19 AM



