

Medifast® Crackers

Garden Vegetable

57240

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	90 mg	4%
Potassium	0 mg	0%
Total Carbohydrate	12 g	4%
Dietary Fiber	0 g	0%
Sugars	1 g	
Protein	2 g	

AVERAGE % DAILY VALUE

Vitamin A	2%
Vitamin C	2%
Calcium.....	0%
Iron	0%

Calories per Serving: 60

Calories from Fat: 0

Serving Size: 14 g

Servings per Container: 7

This Product is:

- ✓ Caffeine-Free
- ✓ Non-Kosher
- ✓ Lactose Free
- ✓ Vegetarian Product

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Unbleached wheat flour, garden vegetable blend (carrots, onion, celery, and bell peppers), brown sugar, salt, yeast, turmeric.

Contains: wheat. Manufactured in a facility that uses soy.

Medifast® Crackers

Multi-Grain

57230

Nutrition Facts

	<u>AVERAGE PER SERVING</u>	<u>AVERAGE % DAILY VALUE</u>
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	65 mg	3%
Potassium	0 mg	0%
Total Carbohydrate	12 g	4%
Dietary Fiber	1 g	4%
Sugars	1 g	
Protein	1 g	

AVERAGE % DAILY VALUE

Vitamin A	0%
Vitamin C	0%
Calcium.....	0%
Iron	2%

Calories per Serving: 50

Calories from Fat: 0

Serving Size: 14 g

Servings per Container: 7

This Product is:

- ✓ Caffeine-Free
- ✓ Non-Kosher
- ✓ Lactose Free
- ✓ Vegetarian Product

- Percent Daily Values are based on a 2,000 calorie diet
- Although Reference Daily Intakes (RDI's) of these nutrients have not been established, the quantities of these nutrients are within the range in the daily diet of adults according to the Food and Nutrition Board of the National Research Council.

Ingredients

Unbleached wheat flour, cracked wheat, wheat germ, sesame seeds, brown sugar, rolled oats, yeast and rye meal.

Contains: wheat. Manufactured in a facility that uses soy.