



Nutrition Facts Valeur nutritive	
Per 12 crackers (30 g) pour 12 craquelins (30 g)	
<b>Calories 107</b>	<b>% Daily Value*</b> <b>% valeur quotidienne*</b>
<b>Fat / Lipides 1 g</b>	<b>1 %</b>
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
<b>Carbohydrate / Glucides 27 g</b>	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 3 g	4 %
<b>Protein / Protéines 3 g</b>	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium 370 mg</b>	<b>16 %</b>
<b>Potassium 50 mg</b>	<b>1 %</b>
<b>Calcium 10 mg</b>	<b>1 %</b>
<b>Iron / Fer 2 mg</b>	<b>11 %</b>
*5% or less is a <b>little</b> , 15% or more is a <b>lot</b> *5 % ou moins c'est <b>peu</b> , 15 % ou plus c'est <b>beaucoup</b>	
<b>Ingredients:</b> Enriched wheat flour • Sugars (glucose, barley malt extract) • Salt • Vegetable oil • Soda	

1

### SERVING SIZE

The nutrition fact table is based on this portion.

2

### % DAILY VALUE

This tells you how much of each nutrient is in the product.

3

### INGREDIENT LIST

The ingredient lists are in order of weight from greatest to least. *(Example: there is more enriched wheat flour in the food product than soda)*

# FOOD FOR THOUGHT

## READ THE LABEL

Nutrition facts tables can help you make informed choices about food and drinks. These tables can help you choose products that have a little (5% DV or less is a little) or a lot (15% DV or more is a lot) of the nutrients that are important for your health.

Learn more at [livewellpei.ca/eatwell](http://livewellpei.ca/eatwell)



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