

## Church Brothers Quick Snacks Nutrition Panels



*Quick Snacks - Church Brothers*  
**Carrots with Low Fat Ranch Dip**  
 3.25 oz



*Quick Snacks - Church Brothers*  
**Celery with Peanut Butter**  
 2.75 oz

| <b>Nutrition Facts</b>   |           |                      |           |
|--|-----------|----------------------|-----------|
| Serving Size 1 portion (92g)   |           |                      |           |
| Servings Per Container 1   |           |                      |           |
|  |           |                      |           |
| Amount Per Serving   |           |                      |           |
| <b>Calories</b> 50   |           | Calories from Fat 20 |           |
| % Daily Value*   |           |                      |           |
| <b>Total Fat</b> 2.5g  |           |                      | <b>4%</b> |
| Saturated Fat 0g   |           |                      | <b>0%</b> |
| Trans Fat 0g   |           |                      |           |
| <b>Cholesterol</b> 0mg   |           |                      | <b>0%</b> |
| <b>Sodium</b> 200mg  |           |                      | <b>8%</b> |
| <b>Total Carbohydrate</b> 8g   |           |                      | <b>3%</b> |
| Dietary Fiber 2g   |           |                      | <b>8%</b> |
| Sugars 4g  |           |                      |           |
| <b>Protein</b> 0g  |           |                      |           |
|  |           |                      |           |
| Vitamin A 200% • Vitamin C 4%  |           |                      |           |
| Calcium 4% • Iron 4%   |           |                      |           |
| *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                | 300 mg    |
| Sodium   | Less than | 2,400mg              | 2,400mg   |
| Total Carbohydrate   |           | 300g                 | 375g      |
| Dietary Fiber  |           | 25g                  | 30g       |

| <b>Nutrition Facts</b>   |           |                       |            |
|--|-----------|-----------------------|------------|
| Serving Size 1 portion (78g)   |           |                       |            |
| Servings Per Container 1   |           |                       |            |
|  |           |                       |            |
| Amount Per Serving   |           |                       |            |
| <b>Calories</b> 130  |           | Calories from Fat 100 |            |
| % Daily Value*   |           |                       |            |
| <b>Total Fat</b> 11g   |           |                       | <b>17%</b> |
| Saturated Fat 2g   |           |                       | <b>10%</b> |
| Trans Fat 0g   |           |                       |            |
| <b>Cholesterol</b> 0mg   |           |                       | <b>0%</b>  |
| <b>Sodium</b> 140mg  |           |                       | <b>6%</b>  |
| <b>Total Carbohydrate</b> 6g   |           |                       | <b>2%</b>  |
| Dietary Fiber 2g   |           |                       | <b>8%</b>  |
| Sugars 3g  |           |                       |            |
| <b>Protein</b> 6g  |           |                       |            |
|  |           |                       |            |
| Vitamin A 6% • Vitamin C 2%  |           |                       |            |
| Calcium 4% • Iron 2%   |           |                       |            |
| *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                 | 300 mg     |
| Sodium   | Less than | 2,400mg               | 2,400mg    |
| Total Carbohydrate   |           | 300g                  | 375g       |
| Dietary Fiber  |           | 25g                   | 30g        |