

1.



Ignore claims made on the front of products

2.

- Educate yourself on the ingredients you should avoid.
- Read the ingredient label well.

INGREDIENTS
 PC FREE FROM TURKEY,
 WATER, SEA SALT, WHITE
 VINEGAR, CONCENTRATED
 LEMON JUICE, **POTATO
 STARCH, CANE SUGAR,**
 CULTURED CELERY
 EXTRACT, **SPICE EXTRACTS.**

Important: This is a generic Nutrition Facts label not from the product above

Nutrition Facts	
Valeur nutritive	
Per 100 g / par 100 g	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 90	
Fat / Lipides 3 g	5 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 50 mg	2 %
Carbohydrate / Glucides 10 g	3 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 8 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A 0	0 %
Vitamin C / Vitamine C 0 mg	0 %
Calcium / Calcium 115 mg	15 %
Iron / Fer 0 mg	0 %
Vitamin D / Vitamine D 0 ug	0 %
Vitamin B2 / Vitamine B2 0.13 mg	8 %
Vitamin B12 / Vitamine B12 0.2ug	10 %
Phosphorus / Phosphore 77	6 %
Magnesium / Magnésium 11 mg	4 %

Based on a 2000 caloric diet of an adult male

3.

Check out the Nutrition Facts, but consider the that it's not based on individual needs...

These percentages do not take into account various individuals nutrient needs and how much is actually metabolized.

Use only to compare similar items so you can choose the item that will give you the biggest bang in the nutrient department



