



NUTRITIONAL INFORMATION
Valley Cheddar Cheese

<u>Nutrients</u>	<u>Units</u>	<u>Per 1 oz</u>
Calories		<u>100</u>
Calories from Fat		<u>60</u>
Total Fat	grams	<u>7</u>
Saturated Fat	grams	<u>4.5</u>
Polyunsaturated Fat	grams	<u>0</u>
Monounsaturated Fat	grams	<u>2</u>
Cholesterol	milligrams	<u>25</u>
Sodium	milligrams	<u>200</u>
Potassium	milligrams	<u>22</u>
Total Carbohydrates	grams	<u>2</u>
Dietary Fiber	grams	<u>0</u>
Sugars	grams	<u>0</u>
Protein	grams	<u>8</u>
Vitamin A	I.U.	<u>0</u>
Vitamin C	milligrams	<u>1</u>
Calcium	milligrams	<u>250</u>
Iron	milligrams	<u>0</u>

Analysis Prepared by: The Allen Witte Company, Inc.