

# Whey Thins™ White Cheddar

## Nutrition Facts

Serving Size: 1 Pack (25 g)  
 Servings per Container: 10

Amount per Serving	
<b>Calories</b> 100	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3 g	5%
Saturated Fat 1 g	5%
<b>Cholesterol</b> 30 mg	10%
<b>Sodium</b> 210 mg	9%
<b>Total Carbohydrate</b> 9 g	3%
Sugars 1 g	
<b>Protein</b> 10 g	20%

Calcium 10% • Iron 2%

Not a significant source of *trans* fat, dietary fiber, vitamin A and vitamin C.

\*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	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g
Protein		50 g	65 g

Calories per gram:

Fat 9 • Carbohydrates 4 • Protein 4

**Ingredients:** Whey protein concentrate (undenatured), brown rice flour, natural flavor (salt, whey powder, maltodextrin, natural flavors, yeast extract, whole milk powder, cheddar cheese, silicon dioxide, safflower oil, onion powder, sweet cream solids, garlic powder), sunflower oil, calcium carbonate

**Contains milk ingredients.**



LOW-GLYCEMIC



SOY-FREE



GLUTEN-FREE



Dairy protein sourced from "Cheerful Cows" not treated with hormones or routine antibiotics.