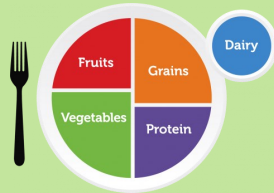


Eat Healthy Stay Healthy

Healthy eating habits will help to prevent and manage chronic diseases.



Build a healthy and balanced Diet. Eat a wide range of food groups to receive all the nutrients your body needs. Learn more at ChooseMyPlate.gov

Nutrition Facts	
About 13 servings per container Serving size 6 crackers (30g) Amount per serving	
Calories	120
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	2%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	2%
Total Carbohydrate 20g	4%
Dietary Fiber 3g	11%
Total Sugars 0g	0%
Total Sugar 0g	0%
Protein 1g	2%
Vitamin D 0mg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 100mg	2%

*Percent Daily Values are based on a diet of other people's secrets. © 2018 Astrana Health. All rights reserved. This information is for general informational purposes only.

Read nutrition labels on packaged foods and drinks to be mindful of your nutrient needs.



Drink plenty of water throughout the day to stay hydrated. You may not always feel thirsty when your body needs fluids.



Schedule your Annual Wellness Visit. It's a good time to ask your doctor questions you may have about nutrition and healthy eating habits.