

Nutrition Facts Labels 8.22.2026

Como Community Cooking Class Series 2026-2027

Presented by

JPS Community Outreach & Education

JPS Family Medicine Residency Program

JPS Clinical Nutrition

With generous help from students at:

Anne Burnett Marion School of Medicine at Texas Christian University

UNT Health Fort Worth Texas College of Osteopathic Medicine



JPS Health Network
Fort Worth, Texas

A

INGREDIENTS: Rice Flour, Almonds, Potato Starch, Safflower Oil, Sea Salt, Natural Flavors (Contains Milk).

B

INGREDIENTS: POTATOES, VEGETABLE OIL (CANOLA, CORN, SOYBEAN, AND/OR SUNFLOWER OIL), SKIM MILK, SALT, WHEY, ONION POWDER, PARSLEY, SOUR CREAM (CULTURED CREAM, SKIM MILK), DEXTROSE, CORN MALTODEXTRIN, NATURAL FLAVORS, MEDIUM CHAIN TRIGLYCERIDES, LACTOSE, AND CITRIC ACID.

A

Nutrition Facts

About 4 servings per container

Serving size 19 crackers (30g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 24g **9%**

Dietary Fiber 1g **4%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron 0mg **0%**

Potassium 60mg **2%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Nutrition Facts

1 serving per container

Serving size 1 package

Amount per serving

Calories 230

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Total Fat 14g **19%**

Saturated Fat 2g **10%**

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Protein 3g

Vitamin D 0mcg **0%**

Calcium 40mg **2%**

Iron 0.8mg **4%**

Potassium 530mg **10%**

Vitamin C **10%**

Not a significant source of added sugars.

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(Amazon, n.d.
Gluten-Free Mall, n.d.)

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How Many Calories a Day? Women

Age	Calories: sedentary	Calories: moderately active	Calories: active
21-25	2,000	2,200	2,400
26-30	1,800	2,000	2,400
31-50	1,800	2,000	2,200
51-60	1,600	1,800	2,200
61+	1,600	1,800	2,000

How Many Calories a Day? Men

Age	Calories: sedentary	Calories: moderately active	Calories: active
21-25	2,400	2,800	3,000
26-35	2,400	2,600	3,000
36-40	2,400	2,600	2,800
41-45	2,200	2,600	2,800
46-55	2,200	2,400	2,800
56-60	2,200	2,400	2,600
61-65	2,000	2,400	2,600
66-75	2,000	2,200	2,600
76+	2,000	2,200	2,400

(Cleveland Clinic, n.d.)

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Generally the lower fat the better but there is no need to specifically avoid fats in olive oil or foods like salmon or yogurt.

However, keep saturated fats to less than 13 grams per day. (American Heart Association, n.d.-a)

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Sodium total daily limit: Aim for 1500 mg or less, and no more than 2300 mg. (American Heart Association, n.d.-b)

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As a general guide:
5% DV or less per
serving of sodium is
considered low, and
20% DV or more per
serving of sodium is
considered high.
(FDA, n.d.)

Aim for less than
10%.

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Use **total grams of carbohydrate** and closely monitoring your blood glucose when consuming foods high in **fiber**. (American Diabetes Association, n.d.)

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Per meal, start with 45 grams total carb and then go up and down depending on your blood sugar 2 hours after the meal. It should be less than 180.

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Most adults should aim for 14 grams of fiber for every 1,000 calories they consume. This is about 25 grams of fiber for women and 38 grams for men each day, although, exact needs can vary. (Academy of Nutrition and Dietetics, n.d.)

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For an average sedentary adult, protein recommendation is 0.8 grams per kilogram of body weight. For example, a person who weighs 165 pounds, or 75 kilograms, should consume 60 grams of protein per day. (Mayo Clinic, n.d.)

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Exceptional care
every day



JPS is dedicated to building a thriving workforce culture,
achieving performance excellence, and providing the
best care to our community.