

FSA # 480029



Foodservice

**Packaged Nutrition Data
Per Serving and Per 100g**

Printed On: 7/14/2004
Effective Date: 6/12/2001

Product Name : PHILADELPHIA Light Cream Cheese
UPC : 2100061094
Package Description: 3/4 oz
Serving Size: 21.3g
Serving Description: 1 Container (21.3g)

Exchanges: 1 Fat **Grain Bread Equivalent: ND**

Nutrient Name UM	Value per serving (Rnd)	% Daily Value	Value per 100g
Calories	45		
Calories from Fat	30		199.7
Total Fat (G)	3.0	5%	133.2
Saturated Fat (G)	2.0	10%	14.8
Cholesterol (MG)	10	3%	9.0
Sodium (MG)	100	4%	53.0
Potassium (MG)	50	1%	466.9
Total Carbohydrate (G)	2	1%	239.3
Dietary Fiber (G)	0	0%	7.4
Sugars (G)	1		0.2
Protein (G)	2		6.5
Moisture (G)			9.0
Vitamin A (IU)		6%	66.7
Vitamin C (MG)		0%	1255.
Calcium (MG)		0%	0.0
Iron (MG)		2%	126.46
Riboflavin (MG)		0%	0.07
Phosphorus (MG)		4%	0.26
Zinc (MG)		2%	145.90
Thiamin (MG)		0%	0.59
Niacin (MG)			

** 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	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Legend: TR=Trace ND=No Data

Data Last Refreshed: 7/13/2004

This information is periodically updated to reflect new products as well as changes in existing product formulations. Therefore, it is advisable to check the "Nutrition Facts" panel and ingredient statement on package labels to monitor changes over time. This information is not intended to be used by professionals or commercial entities without the express written permission of Kraft Foods, Inc. Exchange calculations are based on Exchange Lists for Meal Planning ©1995 by the American Diabetes Association, Inc. and the American Dietetic Association.