Penn State Univeristy
BERKEY CREAMERY

CHEESE

Baby Swiss Cheese

INGREDIENTS: pasteurized milk, cheese cultures, salt, enzymes. Contains milk

Nutrition Facts

Serving Size (30g)
Servings Per Container varied

Amount Per Serving	
Calories 120	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 6g	**30%**
Trans Fat --g	
Cholesterol 25mg	**8%**
Sodium 120mg	**5%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Sugars 0g	
Protein 7g	

Vitamin A 6% • Vitamin C 0%
Calcium 20% • Iron 0%

*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	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4