Saubel's Markets - Stewartstown

sauble's is the only place I can find this anymore used to be at giant and walmart.com

Nutrition Facts

Serving Size 1/2 Cup (124g)
Servings Per Container about 5
Calories 50
Calories from Fat 10
*Percent Daily Values are based on a 2,000 calorie diet.

Amount / Serving	% DV*	Amount / Serving	% DV*
Total Fat 1g	2%	**Potassium** 540mg	15%
Sat. Fat 0g	0%	**Total Carb.** 11g	4%
Trans Fat 0g		Dietary Fiber 3g	12%
Cholesterol 0mg	0%	Sugars 6g	
Sodium 40mg	2%	**Protein** 2g	

Vitamin A 15% • Vitamin C 0% • Calcium 2% • Iron 10%

Giant Shrewsbury

Nutrition Facts
Serving Size: 2oz drained (56g / about 1/4 cup)
Servings about 2
Calories 50
Fat Cal. 5
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 0.5g	1%	Monounsat. Fat 0g		**Total Carb.** 0g	0%
Sat. Fat 0g	0%	**Cholest.** 10mg	3%	Fiber 0g	0%
Trans Fat 0g		**Sodium** 90mg	4%	Sugars 0g	
Polyunsat. Fat 0g		**Potassium** 75mg	2%	**Protein** 11g	20%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% • Vitamin D 8%
Niacin 25% • Vitamin B6 10% • Vitamin B12 20% • Selenium 80%

Nutrition Facts
Serv. Size 2 oz drained (56 g - about 1/4 cup)
Servings 2
Calories 70
Fat Cal. 5
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 0.5g	1%	Monounsat. Fat 0g		**Total Carb.** 0g	0%
Sat. Fat 0g	0%	**Cholest.** 25mg	9%	Fiber 0g	0%
Trans Fat 0g		**Sodium** 35mg	1%	Sugars 0g	
Polyunsat. Fat 0g		**Potassium** 135mg	4%	**Protein** 16g	28%

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2% • Vitamin D 6%
Niacin 25% • Vitamin B6 10% • Vitamin B12 10% • Selenium 60%

Nutrition Facts

Serving Size: 1 Cup (240 g)
Servings per Container: About 2

	Amount Per Serving	% Daily Value
Calories	80	
Calories from Fat	25	
Total Fat	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	135 mg	6%
Total Carbohydrate	12 g	4%
Dietary Fiber	3 g	12%
Sugars	1 g	
Protein	5 g	10%
Vitamin A		20%
Vitamin C		0%
Calcium		0%
Iron		2%

Other Ingredients: Fiktered water, organic carrots, organic celery, organic dark meat chicken, organic noodles (organic wheat flour, organic whole eggs, organic egg whites), organic rice starch, flavors (contains yeast extract), organic spices, organic turmeric for color.
Contains: Eggs and Wheat

Nutrient Facts

Serving Size: 1 Cup
Servings per Container: 2

	Amount Per Serving	% Daily Value
Calories	70	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrate	17 g	6%
Dietary Fiber	3 g	12%
Sugars	5 g	*
Protein	3 g	*
Vitamin A		70%
Vitamin C		15%
Calcium		4%
Iron		8%

*Daily value not established.

Other Ingredients: Filtered water, organic celery, organic carrots, organic tomatoes, organic onions, organic peas, pasta (organic semolina, egg whites), organic tomato paste, corn starch, organic red kidney beans, organic small white beans, organic green beans, organic spinach, organic evaporated cane juice, onion powder, garlic powder, concentrated lemon juice, white pepper, oregano, organic basil, bay leaves, cayenne pepper, organic sage.

Health Valley soups can be found in giant's Organic aisle and at https://www.vitacost.com
I have order from here several times

Nutrition Facts

Serving Size: 1 Cup (240 g)
Servings per Container: About 2

	Amount Per Serving	% Daily Value
Calories	90	
Total Fat	2 g	3%
Saturated Fat	0 g	1%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrate	15 g	5%
Dietary Fiber	2 g	8%
Total Sugars	4 g	
Includes Added Sugars	1 g	2%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	40 mg	2%
Iron	0.8 mg	4%
Potassium	250 mg	6%
Vitamin A	0	30%

Servings Per Package: 1

Amount Per Serving:
Calories 340
Calories from Fat 60

Total Fat (g)		**7**
Saturated Fat (g)		3
Trans Fat (g)		0
Polyunsaturated Fat (g)		1
Monounsaturated Fat (g)		1
Protein (g)		**14**
		% Daily Value
Cholesterol (mg)	**15**	5%
Sodium (mg)	**380**	17%
Potassium (mg)	**180**	2%
Total Carbohydrate (g)	**55**	20%
Dietary Fiber (g)	3	11%
Sugars (g)	6	

Serving Size: 1oz
Servings Per Package: 1

Amount Per Serving:
Calories 390
Calories from Fat 80

Total Fat (g)		**9**
Saturated Fat (g)		3
Trans Fat (g)		0
Polyunsaturated Fat (g)		2
Monounsaturated Fat (g)		2
Protein (g)		**21**
		% Daily Value
Cholesterol (mg)	**20**	7%
Sodium (mg)	**280**	12%
Potassium (mg)	**580**	17%
Total Carbohydrate (g)	**55**	18%
Dietary Fiber (g)	3	12%
Sugars (g)	11	

Diet Exchanges 2 Lean Meat, 2 1/2 Starch, 1 Fat

also at Walmart used to get hunts it was much cheaper but can't find it anymore

Nutrition Facts

Serving Size 1 tbsp

Amount Per Serving	
Calories	**20**
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 0g	

* 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.

EVERYTHING IS BETTER ESTD ALL 2004 TWISTED PRETZEL PRODUCTS ON A PRETZEL

Pretzel rolls sold near deil counter 0mg sodium but high in carbs

At Giant Deli Counter Boar Head Brand
also giant brand lacey swiss cheese has 40 mg Sodium per ounce and is a little cheaper

NO SALT ADDED TURKEY BREAST

Calories	Total Fat	Cholest.	Sodium	Protein
70	1 g	40 mg	55 mg	15 g

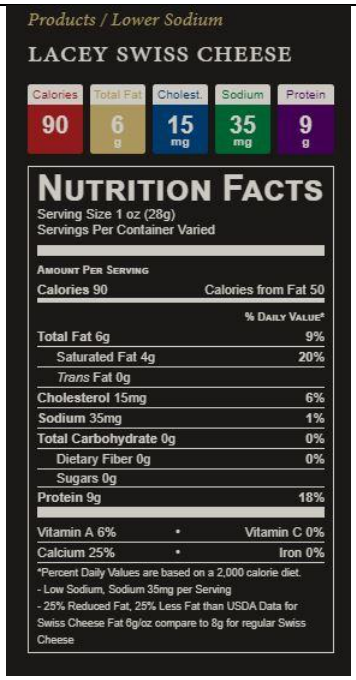
NUTRITION FACTS

Serving Size 2 oz (56g)
Servings Per Container Varied

Amount Per Serving	
Calories 70	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 40mg	13%
Sodium 55mg	2%
Potassium 190mg	5%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	30%
Vitamin A 0% •	Vitamin C 0%
Calcium 0% •	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.
Not a sodium free food

Boar's Head



Products / Lower Sodium

LACEY SWISS CHEESE

Calories	Total Fat	Cholest.	Sodium	Protein
90	6 g	15 mg	35 mg	9 g

NUTRITION FACTS

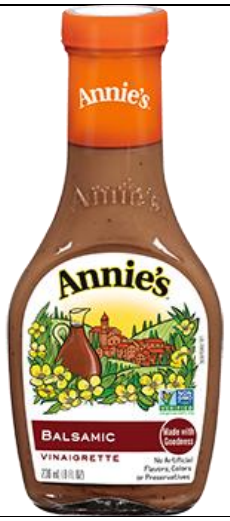
Serving Size 1 oz (28g)
Servings Per Container Varied

Amount Per Serving	
Calories 90	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 15mg	6%
Sodium 35mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 9g	18%
Vitamin A 6% •	Vitamin C 0%
Calcium 25% •	Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.
- Low Sodium, Sodium 35mg per Serving
- 25% Reduced Fat, 25% Less Fat than USDA Data for Swiss Cheese Fat 6g/oz compare to 8g for regular Swiss Cheese

Boar's Head

Giant also has all most all no salt added canned veggies including Italian diced tomatoes ,stewed tomatoes ,red kidney beans,black beans (only in Nature Promise)



In Organic isle

Nutrition Facts	Amount per serving	% Daily Value	Amount per serving	% Daily Value
8 servings per container	**Total Fat** 10g	**13%**	**Total Carbohydrate** 2g	**1%**
Serving size	Saturated Fat 1g	**5%**	Dietary Fiber 0g	**0%**
2 Tbsp (31g)	Trans Fat 0g		Total Sugars 1g	
	Cholesterol 0mg	**0%**	Incl. 0 Added Sugars	**0%**
	Sodium 60mg	**3%**	**Protein** 0g	
Calories per serving 100	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

Next to Minute Steaks

Nutrition Facts

Serving Size: 1 steak (50g)

Amount Per Serving	
Calories 80	Calories from Fat 36
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 25mg	1%
Total Carbohydrates 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 10g	
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.

INGREDIENTS: BEEF.

They also Have Low sodium Mozzarella cheese in a plastic wrapped ball sold near here think it's Giant Brand (Shrewsbury Giant)

Giant

On rack near deli counter not all low in sodium this one the lowest all low in carbs

Nutritional Facts
Serving Size: 1 wrap (40g)
Serving Per Container: 8

Calories: 60
Calories from Fat: 20

	% Daily Value
Total Fat: 2g	3%
Saturated Fat: 0g	0%
Trans Fat: 0g	
Cholesterol: 0mg	0%
Sodium: 65mg	3%
Carbohydrates: 12g	4%
Fiber: 7g	28%
Sugars: 1g	
Protein: 5g	
Vitamin A: 0% • Vitamin C: 0%	
Calcium: 15% • Iron: 6%	

With regular bread unlike most bread serving size Is two slices

Nutrition Facts
Serving Size 2 Slices (45g/1.6oz)
Servings Per Container 10

Amount Per Serving	2 Slices	1 Slice
Calories	80	40
Calories from Fat	5	0
		% Daily Value*
Total Fat 0.5g		1% 0%
Saturated Fat 0g		0% 0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg		0% 0%
Sodium 130mg		5% 3%
Total Carbohydrate 19g		6% 3%
Dietary Fiber 6g		24% 12%
Sugars 2g		
Protein 5g		
Vitamin A		0% 0%
Vitamin C		0% 0%
Calcium		4% 2%
Iron		15% 8%
Thiamin		20% 10%
Riboflavin		10% 6%
Niacin		15% 8%
Folic Acid		25% 15%

*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
Sat. 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

On rack near or in organic aisle

Nutrition Facts
20 Servings Per Container
Serving size **1 slice (34g)**

Amount per serving
Calories **90**

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 88mg	2%
Phosphorus 72mg	6%

*The % Daily Value 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.

I buy from https://www.vitacost.com

Nutrition Facts
Serving Size: 1 Teaspoon (5 g)
Servings per Container: About 45

	Amount Per Serving	% Daily Value
Calories	0	*
Total Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrate	0 g	0%
Protein	0 g	*

*Daily value not established.

Other Ingredients: Organic grain vinegar, water, organic mustard seed, organic spices.

they don't all flavors. bbq good but high in carbs

	CALORIES	TOT. FAT (G)	SAT. FAT (G)	TRANS. FAT (G)	CHOL. (MG)	SODIUM (MG)	POTASSIUM (MG)	CARB. (G)	FIBER (G)	SUGAR (G)	PROTEIN (G)	VITAMIN A (DV)	VITAMIN C (DV)	CALCIUM (DV)	IRON (DV)
Garlic Steak	20	0	0	0	0	0	200	4	0	3	0	2%	2%	2%	2%
Ginger Stir-Fry	15	0	0	0	0	0	25	4	0	3	0	0%	0%	0%	0%
HONEY BBQ	40	0	0	0	0	0	360	10	0	8	0	4%	4%	2%	4%
Honey Mustard	35	0	0	0	0	0	130	8	0	7	0	0%	0%	0%	0%
HOT WING	15	0	0	0	0	0	150	3	0	2	0	4%	2%	0%	2%
Indian Curry	15	0	0	0	0	0	110	3	0	2	0	2%	2%	0%	2%
Sweet & Sour	45	0	0	0	0	0	170	10	1	9	0	6%	2%	0%	2%
TANGYBANG!	5	0	0	0	0	0	0	1	0	1	0	0%	0%	0%	0%
Thai Peanut	25	1	0	0	0	0	150	3	0	2	0	0%	0%	0%	2%

NUTRITION FACTS BASED ON 1 TBSP SERVING SIZE*