

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		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size: 2oz drained (56g / about 1/4 cup)		Total Fat 0.5g	1 %	Monounsatur. Fat 0g		Total Carb. 0g	0 %
Servings about 2		Sat. Fat 0g	0 %	Cholest. 10mg	3 %	Fiber 0g	0 %
Calories 50		Trans Fat 0g		Sodium 90mg	4 %	Sugars 0g	
Fat Cal. 5		Polyunsatur. Fat 0g		Potassium 75mg	2 %	Protein 11g	20 %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		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		Amount/serving	%DV*	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 2 oz drained (56 g - about 1/4 cup)		Total Fat 0.5g	1 %	Monounsatur. Fat 0g		Total Carb. 0g	0 %
Servings 2		Sat. Fat 0g	0 %	Cholest. 25mg	9 %	Fiber 0g	0 %
Calories 70		Trans Fat 0g		Sodium 35mg	1 %	Sugars 0g	
Fat Cal. 5		Polyunsatur. Fat 0g		Potassium 135mg	4 %	Protein 16g	28 %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		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
<b>Calories</b>	80	
Calories from Fat	25	
<b>Total Fat</b>	2.5 g	4%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	135 mg	6%
<b>Total Carbohydrate</b>	12 g	4%
Dietary Fiber	3 g	12%
Sugars	1 g	
<b>Protein</b>	5 g	10%
Vitamin A		20%
Vitamin C		0%
Calcium		0%
Iron		2%

*Other Ingredients:* Filtered 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
<b>Calories</b>	70	
Calories from Fat	0	
<b>Total Fat</b>	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	0 mg	0%
Sodium	45 mg	2%
<b>Total Carbohydrate</b>	17 g	6%
Dietary Fiber	3 g	12%
Sugars	5 g	*
<b>Protein</b>	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 isle 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  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.



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)