



PORTION CONTROL

Heinz ® Mayonnaise



Variety Number
531700

Package
Packet

Pack
200

Size
12 g

Nutrition Facts

Serving Size 1 Packet (12g)
Servings Per Container 1

Amount Per Serving		Calories from Fat 80	
		% Daily Value *	
Calories	80		
Total Fat	9g		14%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	65mg		3%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	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
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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			