



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

Printed On:
Effective Date: 9/30/2013

Product Name : KRAFT CHEEZ WHIZ Pasteurized Process Cheese Spread
UPC : 2100004922
GTIN : 00021000049226
Serving Size: 33g
Serving Description: 2 tbsp (33g)

Nutrient Name and Unit of Measure	Value per serving (Rnd)	% Daily Value **	Value per 100g
Calories	90		275.27
Calories from Fat	60		189
Total Fat (g)	7	11%	21
Saturated Fat (g)	4	20%	12.63
Trans Fat (g)	0		0.99
Cholesterol (mg)	25	8%	72.68
Sodium (mg)	540	23%	1631.74
Potassium (mg)	70	2%	208.98
Total Carbohydrate (g)	2	1%	6.35
Dietary Fiber (g)	0	0%	0.05
Sugars (g)	2		4.88
Protein (g)	5		14.57
Moisture (G)	17		51.5
Vitamin A (IU)	221.38	4%	670.85
Vitamin C (mg)	0.16	0%	0.49
Calcium (mg)	137.58	15%	416.92
Iron (mg)	0.07	0%	0.2
Thiamin (mg)			
Riboflavin (mg)		4%	0.25
Niacin (mg)			
Phosphorus (mg)	280.59	30%	850.26
Zinc (mg)		4%	1.9
Sugar Alcohols(g)			
Vitamin D(IU)			
Vitamin E(IU)			
Vitamin B6(mg)			

Folate(mcg)			
Vitamin B12(mcg)			
Biotin(mcg)			
Pantothenic Acid (mg)			
Magnesium (mg)	6.9	0%	20.9
Ash (g)	1.98		5.99

Data Last Refreshed: 4/29/2014

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.