

4-Week Nutrition Class
every Tuesday in March
Senior Memberships
available free of charge

GET THE FACTS

Nutrition Facts	
Serving Size 1 slice (47g) Servings Per Container 6	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carb 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	Vitamin C 4%
Calcium 45%	Iron 6%
Thiamin 8%	Riboflavin 6%
Niacin 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Learn more about the Nutrition Facts Label, Become aware of how nutrients affect your health.

12:30-1:30 PM each week

Dates:

March 5, 2024

March 12, 2024

March 19, 2024

March 26, 2024

For More Information call

903.590.2980

Tyler Senior Center

1915 Garden Valley Rd, Tyler,
TX 75702

Erica Davis, Better Living for Texans Agent, Smith County

