

# JCC CAMPS AT MEDFORD

## NUTRITIONAL INFORMATION –TUNA FISH (LIGHT)

### TUNA FISH

#### Nutrition Facts

Serving Size: ¼ CUP

Calories: 60

Calories from Fat: 5

Total Fat: .5g

Saturated Fat: 0g

Transfat: 0g

Cholesterol: 30mg

Sodium: 310mg

Total Carbohydrate: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 13g

Ingredients: Tuna water, vegetable broth and salt

Contains: Tuna Fish, Soy

### MAYONNAISE – Lite Eden Mayonnaise

#### Nutrition Facts

Serving Size: 1 Tablespoon

Calories: 60

Calories from Fat: 55

Total Fat: 6g

Saturated Fat: 1g

Transfat: 0g

Cholesterol: 5mg

Sodium: 115mg

Total Carbohydrate: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, potassium sorbate, EDTA

### MAYONNAISE – Regular Eden Mayonnaise

#### Nutrition Facts

Serving Size: 1 Tablespoon

Calories: 100

Calories from Fat: 100

Total Fat: 11g

Saturated Fat: 1.5g

Transfat: 0g

Cholesterol: 5mg

Sodium: 80mg

Total Carbohydrate: 0g

Dietary Fiber: 0g

Sugars: 0g

Protein: 0g

Ingredients: Soybean oil, water, eggs, sugar, salt, acetic acid, mustard flour, xanthum gum, EDTA