



105 42% Lower Sodium Branded Deluxe Ham

Water Added

Cured with: Water, Salt, Sugar, Dextrose, Less Than 2% of Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

Nutrition Facts		Amount/serving	% (DV)*	Amount/serving	% (DV)*
Serv size 2 oz (56g)		Total fat 1 g	2 %	Sodium 480 mg	20 %
Servings Varied		Sat fat 0 g	0 %	Potassium 125mg	4 %
Calories 60		Trans fat 0 g		Total carb 2g	1 %
Fat cal 10		Monounsatur fat 0 g		Fiber 0 g	0 %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Polyunsatur fat 0 g		Sugars 2 g	
		Cholest 25 mg	8 %	Protein 10 g	20 %
		Vitamin A 0 %	• Vitamin C 0 %	• Calcium 0 %	• Iron 2 %



159 42% Lower Sodium Branded Deluxe Ham - half

Water Added

Cured with: Water, Salt, Sugar, Dextrose, Less Than 2% of Sodium Phosphate, Sodium Erythorbate, Sodium Nitrite.

Nutrition Facts		Amount/serving	% (DV)*	Amount/serving	% (DV)*
Serv Size 2 oz (56g)		Total fat 1 g	2 %	Sodium 480 mg	20 %
Servings Varied		Sat fat 0 g	0 %	Potassium 125mg	4 %
Calories 60		Trans fat 0 g		Total carb 2g	1 %
Fat cal 10		Monounsatur fat 0 g		Fiber 0 g	0 %
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Polyunsatur fat 0 g		Sugars 2 g	
		Cholest 25 mg	8 %	Protein 10 g	20 %
		Vitamin A 0 %	• Vitamin C 0 %	• Calcium 0 %	• Iron 2 %

Boar's Head 42% Lower Sodium Branded Deluxe Ham

Nutrition Facts	
Serving Size (100g)	
Servings Per Container Varied	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 45mg	15%
Sodium 860mg	36%
Potassium 230mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 17g	34%
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Potassium	3,500 mg 3,500 mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Protein	50g 65g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	