CRF CARTONS	Jum 10		Jum 12		XLG 8		XLG 10		XLG 12		XLG 12 Brown		XLG 18		LRG 12		LRG 12 Brown		LRG 18		MED 12		SM 12	
Serving Size	1 egg	63 g	1 egg	63 g	1 egg	56 g	1 egg	56 g	1 egg	56 g	1 egg	56 g	1 egg	56 g	1 egg	50 g	1 egg	50 g	1 egg	50 g	1 egg	44 g	1 egg	38 g
Servings Per Container	10		12		8		10		12		12		18		12		12		18		12		12	
Amount Per Serving																								
Calories	90		90		80		80		80		80		80		70		70		70		70		60	
Calories from Fat	50		50		45		45		45		45		45		40		40		40		35		30	
Per Serving (Amt and %DV*)																								
Total Fat	5 g	8%	5 g	8%	5 g	8%	5 g	8%	5 g	8%	5 g	8%	5 g	8%	4.5 g	7%	4.5 g	7%	4.5 g	7%	4 g	6%	3.5 g	5%
Saturated Fat	2 g	10%	2 g	10%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1 g	6%
Trans Fat	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Cholesterol	270 mg	89%	270 mg	89%	240 mg	79%	240 mg	79%	240 mg	79%	240 mg	79%	240 mg	79%	215 mg	71%	215 mg	71%	215 mg	71%	190 mg	62%	160 mg	64%
Sodium	80 mg	3%	80 mg	3%	70 mg	3%	70 mg	3%	70 mg	3%	70 mg	3%	70 mg	3%	65 mg	3%	65 mg	3%	65 mg	3%	65 mg	3%	50 mg	2%
Total Carb.	< 1 g	0%	< 1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%
Protein	8 g	15%	8 g	15%	7 g	15%	7 g	15%	7 g	15%	7 g	15%	7 g	15%	6 g	10%	6 g	10%	6 g	10%	6 g	10%	5 g	10%
Vitamin A		8%		8%		8%		8%		8%		8%		8%		6%		6%		6%		6%		4%
Vitamin C		0%		0%		0%		0%		0%		0%		0%		0%		0%		0%		0%		0%
Calcium		4%		4%		2%		2%		2%		2%		2%		2%		2%		2%		2%		2%
Iron		6%		6%		4%		4%		4%		4%		4%		4%		4%		4%		4%		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 less than:	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**
Total Fat	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g
Saturated Fat	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g
Cholesterol	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg
Sodium	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg
Total Carbohydrate	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g
Dietary Fiber	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g
Protein	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g

CRF OVERWRAP	JUM 20		XLG 20		XLG 20 Brown		XLG 30		LRG 20		LRG 30		MED 20		MED 30		MED 60		SM 30	
Serving Size	1 egg	63 g	1 egg	56 g	1 egg	56 g	1 egg	56 g	1 egg	50 g	1 egg	50 g	1 egg	44 g	1 egg	44 g	1 egg	44 g	1 egg	38 g
Servings Per Container	20		20		20		30		20		30		20		30		60		30	
Amount Per Serving																				
Calories	90		80		80		80		70		70		70		70		70		60	
Calories from Fat	50		45		45		50		40		40		35		35		35		30	
Per Serving (Amt and %DV*)																				
Total Fat	5 g	8%	5 g	8%	5 g	8%	6 g	10%	4.5 g	7%	4.5 g	7%	4 g	6%	4 g	6%	4 g	6%	3.5 g	6%
Saturated Fat	2 g	10%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1.5 g	8%	1 g	6%
Trans Fat	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%	0 g	0%
Cholesterol	270 mg	89%	240 mg	79%	240 mg	79%	240 mg	79%	215 mg	71%	215 mg	71%	190 mg	62%	190 mg	62%	190 mg	62%	160 mg	54%
Sodium	80 mg	3%	70 mg	3%	70 mg	3%	70 mg	2%	65 mg	3%	65 mg	3%	55 mg	2%	55 mg	2%	55 mg	2%	50 mg	2%
Total Carb.	< 1 g	0%	1 g	0%	1 g	0%	.5 g	0%	1 g	0%	1 g	0%	1 g	0%	1 g	0%	.5 g	0%	0 g	0%
Protein	8 g	15%	7 g	15%	7 g	15%	7 g	15%	6 g	10%	6 g	10%	6 g	10%	6 g	10%	6 g	10%	5 g	10%
Vitamin A		8%		8%		8%		8%		6%		6%		6%		6%		6%		4%
Vitamin C		0%		0%		0%		0%		0%		0%		0%		0%		0%		0%
Calcium		4%		2%		2%		2%		2%		2%		2%		2%		2%		2%
Iron		6%		4%		4%		4%		4%		4%		4%		4%		4%		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 less than:	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**	**2000**	**2500**
Total Fat	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g	65 g	80 g
Saturated Fat	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g	20 g	25 g
Cholesterol	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg	300 mg
Sodium	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg	2400 mg
Total Carbohydrate	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g	300 g	375 g
Dietary Fiber	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g	25 g	30 g
Protein	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g	50 g	65 g