



Fat & Calorie Comparison Chart *

**THERE'S LITE, AND
THEN THERE'S
NANCY'S SUPER
LITE DRESSINGS!**

1000 ISLAND	FAT	CAL.
	1 G	30
Marie's® <small>(YOGURT THOUSAND ISLAND)</small>	6 G	70
Litehouse®	7 G	70

BLUE CHEESE	FAT	CAL.
	1 G	25
Marie's® Lite Blue Cheese	7 G	70
Litehouse® Lite Blue Cheese	6 G	70

ITALIAN	FAT	CAL.
	2 G	30
Marie's® <small>(CREAMY ITALIAN GARLIC)</small>	19 G	180
Litehouse® <small>(LITE CAESAR)</small>	7 G	70

LITE RANCH	FAT	CAL.
	3.5 G	40
Marie's®	6 G	60
Litehouse®	6 G	60

SESAME GINGER	FAT	CAL.
	1 G	60
Marie's®	8 G	100
Litehouse®	0 G	40

*Information verified January 11, 2011 from Maries.com and Lithousefoods.com