

# GOURMET HAM

BLACK FOREST • HONEY ROASTED • SMOKED • COOKED





# BLACK FOREST, HONEY ROASTED, SMOKED AND COOKED HAM

- Creta Farms Ham is enhanced with our exclusive extra virgin olive oil from the Greek Isle of Crete.
- By replacing fat with flavor, we are able to provide a superior tasting product without adding extra salt.
- Monounsaturated fat found in extra virgin olive oil is recommended to decrease the risk of cardiovascular disease.
- The people of Crete have longer life expectancy and fewer cases of cardiovascular disease when compared to other industrialized countries.
- All Creta Farms Ham products are certified by the American Heart Association.

Available in four great tasting varieties that will attract new customers to your deli case and keep them coming back for more:

**Black Forest** – Delivers a sweetness throughout the ham.

**Honey Roasted** – Gives a perfect light honey flavor and sweetness to every slice.

**Smoked** - Provides a touch of hickory flavor without overpowering the flavor of the ham.

**Cooked** - Celebrates the natural flavor of the ham which is complemented by the extra virgin olive oil.

PRODUCT SPECIFICATIONS	BLACK FOREST HAM	HARDWOOD SMOKED HAM	EXTRA LEAN COOKED HAM	HONEY ROASTED HAM
Piece size	5-7#	5-7#	11# C.W.	8#
Pieces per case	2	2	2	2
Weight per case	Approx #12	Approx #12	Approx #22	Approx #16
Case dimensions	13.5 x 10.5 x 4.9375	13.5 x 10.5 x 4.9375	12.75 x 11.5 x 5.375	13.38 x 10.88 x 5.68
Case Cube	0.41	0.41	0.46	0.48
Pallet Pattern	12 x 8	12 x 8	12 x 8	11 x 8
Product Code	06294	02387	06222	06216

**American Heart Association**



Products displaying the heart-check mark meet American Heart Association food criteria for saturated fat and cholesterol for healthy people over age 2.

heartcheckmark.org

## BLACK FOREST HAM

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 1.5g		1.5g	2%	<b>Total Carb.</b> 3g	1%
Saturated Fat 0.5g		0.5g	3%	Sugars 2g	0%
Trans Fat 0g		0g		<b>Protein</b> 10g	
<b>Cholest.</b> 20mg		20mg	7%		
<b>Sodium</b> 480mg		480mg	20%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin C 40%		• Iron 2%	

## HARDWOOD SMOKED HAM

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 1.5g		1.5g	2%	<b>Total Carb.</b> 3g	1%
Saturated Fat 0.5g		0.5g	3%	Sugars 2g	0%
Trans Fat 0g		0g		<b>Protein</b> 10g	
<b>Cholest.</b> 20mg		20mg	7%		
<b>Sodium</b> 480mg		480mg	20%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin C 40%		• Iron 2%	

## EXTRA LEAN COOKED HAM

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 1.5g		1.5g	2%	<b>Total Carb.</b> 2g	1%
Saturated Fat 0g		0g	0%	Sugars 2g	0%
Trans Fat 0g		0g		<b>Protein</b> 10g	
<b>Cholest.</b> 10mg		10mg	3%		
<b>Sodium</b> 350mg		350mg	15%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin C 40%		• Iron 4%	

## HONEY ROASTED HAM

Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 2g		2g	3%	<b>Total Carb.</b> 4g	1%
Saturated Fat 0g		0g	0%	Sugars 3g	0%
Trans Fat 0g		0g		<b>Protein</b> 10g	
<b>Cholest.</b> 15mg		15mg	5%		
<b>Sodium</b> 430mg		430mg	18%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin C 35%		• Iron 2%	