6th-8th Grade Lesson 4:

Nutrition Facts Label

Overview

In this lesson, students will learn how to read a nutrition facts label and how they can use it to make good decisions about the foods and drinks they eat and drink. Students will explore all the components of the nutrition facts label including the serving size, amount of calories, percent daily values, and nutrients, as well as understand why being able to read a nutrition facts label is important to healthy eating. Students will gain experience reading and understanding a nutrition facts label as well as understanding how the calories and amount of various nutrients our bodies take in change depending on how many servings we eat of a given food. Finally, students will have an opportunity to practice what they've learned to make a tasty, healthy trail mix recipe and calculate the nutrition facts for the portion size of the recipe.

Behavior Change Objective:

As a result of this lesson, students will make healthier food choices by reading the nutrition facts label on food packages.

Learning Objectives:

Students will be able to:

- Identify the parts different parts of the Nutrition Facts Label.
- Demonstrate improved confidence in identifying healthier foods and drinks by reading nutrition facts labels.
- Practice food preparation skills and label reading by making a healthy trail mix snack and calculating the nutrition facts for a portion size.

Keywords:

Nutrition Facts Label, Serving Size, Calories, Percent Daily Value

Educational Standards:

CCSS: SL.6.1, L.6.1, SL.7.1, L.7.1, SL.8.1, L.8.1, RST.7, 6.RP.1, , 7.NS.2, 7.EE.3

Before you Begin:

- Review the entire lesson and watch the lesson video - note appropriate places to pause the video and engage students.
- Review Classroom Management techniques (suggested tutorials below)
  - How to Handle an Out-of-Control Middle-School Classroom (start at 2:03)
  - How to Make a Noisy Class Quiet (start at 2:40)
- Review PowerPoint slides that accompany the lesson, if not using slides make sure each student has an example of a nutrition facts label to view during the lesson.
- Gather materials including food packages with nutrition facts labels (see materials section). Or print labels attached to this lesson.
- Set up AV equipment and provide space for film viewing.
  - There are 2 videos to be shown: Video Four: Nutrition Facts Label, and Kitchen Demo: Turn to the Facts Trail Mix
- If you will be making the "Turn to the Facts Trail Mix" as a class, gather ingredients and equipment and print the recipe handout – attached
- Print the "Figure Out the Nutrition Facts" handout as needed - attached.

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RUTGERS New Jersey Agricultural Experiment Station
Horizon Foundation for New Jersey
A Partnership between NJHKI & Rutgers Cooperative Extension FCHS Department
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6th-8th Grade Lesson 4:

Nutrition Facts Label

Materials

- **Videos:**
  - Video Four: Nutrition Facts Label
  - Kitchen Demo: Turn to the Facts Trail Mix
- Different Nutrition Facts Labels from food packages or product printouts – attached
- Recipe for Turn to the Facts Trail Mix – attached
- Kitchen Equipment and Ingredients for Turn to the Facts Trail Mix if done as an in-class activity.
  - Equipment: Mixing bowls, measuring cups & spoons, food scale, Ziploc baggies or small serving bowls
  - Ingredients: wheat Chex cereal, raisins, semi-sweet chocolate chips, sunflower seeds **(note this substitute for the common allergen peanuts)**, unsalted pretzels.
- "Figure Out the Nutrition Facts" handout

Procedure:

- **Introduce Nutrition Facts Labels:**
  - Begin the lesson by displaying food packages that contain a nutrition facts label or the food product images attached to this lesson. Have students examine the nutrition label and identify the different components (the type of nutrients, % daily value, the serving size, and the number of calories for example). Explain that nutrition facts labels help us determine what kind of nutrients and how much of different nutrients our bodies will get when we eat those foods. Understanding how to read a nutrition facts label will help us make good decisions about the foods and drinks we consume.
- **Show video titled: Video Four: Food Nutrition Facts Label:**
  - This video will teach the students about the content provided on a nutrition facts label and what each value means in terms of their diet (foods we should be eating more of vs. foods we should be eating less of).
- **Show the Kitchen Demo titled: Turn to the Facts Trail Mix:**
  - This video will teach students how to make their own healthy trail mix that tastes great but has less added salt, fat, and sugar. If students will be making the recipe in class, provide them with the recipe (attached) and the supplies and equipment to follow along with the video. Please note, the original trail mix recipe contains peanuts (a common food allergen). We have revised the recipe to use sunflower seeds as a substitute. While viewing the video, it may be helpful to pause it periodically to allow students to complete the steps outlined. Alternatively, students can make the recipe after the video has finished or at home as homework. If students will make the recipe at home, provide them with the recipe to take with them.

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Nutrition Facts Label

Procedure (continued):

- **Have students complete the "Figure Out the Nutrition Facts" Handout:**
  - Students will practice using the nutrition facts labels of each recipe ingredient to determine which ingredient is highest in different nutrients. They will also work to calculate the nutrition facts for their portion of trail mix by filling out a table. Students may need to multiply or divide values from the nutrition facts label depending on recipe portions.

Activities and Resources to Extend this Lesson:

- **Compare the Nutrition Facts Label of your two favorite snacks to decide which is the healthier choice.**
- **Play the Ingredients Trivia Video Game:**
  - http://bit.ly/ingredients-trivia
- **Serving Size-i-Fize Your Pantry:**
  - Read the Nutrition Facts label on your favorite snacks and measure out single servings according to the serving size listed on the label. Keep them in resealable plastic bags or containers so you can quickly grab and go!
- **Great Lunchbox Challenge:**
  - Can you pack a healthy, 600-800 calorie lunch that is HIGH in fiber, iron, and calcium and LOW in added sugar, saturated fat, and sodium? Read the Label on bread, sandwich ingredients, and snacks to put together a tasty lunch. Try a whole grain pita or tortilla as an alternative to bread... try spreads like mustard or hummus instead of mayonnaise ... and measure out single servings of snacks.
- **Nutrition Label Word Search:**
  - https://www.fda.gov/media/89343/download
- **Supermarket Challenge:**
  - The next time a parent/guardian is going grocery shopping, ask to go with and try to find snacks and cereals that are HIGHEST in dietary fiber, iron, and calcium and LOWEST in added sugars, saturated fats, and sodium.

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6th-8th Grade Lesson 4: Nutrition Facts Label

Turn to the Facts Trail Mix

Ingredients (per individual portion):

- 1/4 cup whole wheat Chex cereal
- 1/8 cup (2 T) raisins
- 1 T semi-sweet chocolate chips
- 1 T sunflower seeds
- 1/2 oz (14 g) unsalted pretzels

Materials/Equipment:

- 5 Large bowls or plastic containers (1 per ingredient)
- Measuring cups
- Measuring spoons
- Food scale
- Sandwich-size plastic bags or small serving bowls (1 per student)

Directions:

1. Use the appropriate tools (measuring cup, measuring spoon, or food scale) to measure each ingredient into a plastic bag.
2. Mix and enjoy!

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FIGURE OUT THE NUTRITION FACTS

INGREDIENT	SERVING SIZE ON BOX	SERVING SIZE IN RECIPE	DIVIDE BY	CALORIES ON PACKAGE	CALORIES IN RECIPE PORTION
Wheat Chex		1/4 cup			
Raisins		1/8 cup (2 Tablespoons)			
Semi-sweet Chocolate Chips		1 Tbsp			
Sunflower seeds		1 Tbsp			
Unsalted Pretzels		1/2 oz (14g)			
				TOTAL	

REMEMBER!

1. Start Here
2. Check Calories
3. Limit these Nutrients
4. Get Enough of these Nutrients
5. Footnote
6. Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FIND THE FACTS:

What trail mix ingredient is highest in fiber?_____

What trail mix ingredient is highest in fat?

_____

What trail mix ingredient is highest in added sugar?

_____

What trail mix ingredient is highest in iron?

_____

Which trail mix ingredient has the most sodium?

_____

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Nutrition Highlights

Calories	Saturated Fat	Sodium	Sugars	Fiber	Calcium
100	0g	190mg	1g	3g	100mg
5%	0%	8%		11%	10%

Amount and % Daily Value per serving

Nutrition Highlights

Calories
100
5%

- This is the amount in one serving.
- This is the percent of the Daily Value per serving. Daily Values are recommended amounts to consume each day (see Nutrition Facts). Sugar does not have a Daily Value.

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Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ¾ cup (21g)
Servings Per Container about 14
Children Under 4 - about 19

Amount Per Serving	Cheerios	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	140	80
Calories from Fat	15	20	10
	% Daily Value**		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0g	0%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0g
Monounsaturated Fat 0.5g			0g
Cholesterol 0mg	0%	1%	0mg
Sodium 190mg	8%	10%	140mg
Potassium 170mg	5%	11%	130mg
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g
			% Daily Value
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	25%	35%	35%
Niacin	25%	25%	35%
Vitamin B_6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B_{12}	25%	35%	30%
Phosphorus	10%	25%	8%
Magnesium	10%	10%	10%
Zinc	25%	30%	30%
Copper	2%	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 2g total fat (0.5g saturated fat, 1g monounsaturated fat), less than 5mg cholesterol, 250mg sodium, 370mg potassium, 26g total carbohydrate (7g sugars) and 7g protein.

** 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN OATS (INCLUDES THE OAT BRAN), MODIFIED CORN STARCH, SUGAR, SALT, TRIPOTASSIUM PHOSPHATE, OAT FIBER, WHEAT STARCH, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.
VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B_{12}, VITAMIN D_3.

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Nutrition Facts

Serving Size 1 Cup (32g/1.1oz.)
Servings Per Container About 10

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	120	160
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0.5g	3%	3%
Cholesterol 0mg	0%	0%
Sodium 150mg	6%	9%
Potassium 35mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 15g		
Other Carbohydrate 12g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	2%	15%
Zinc	10%	15%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

** 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Corn, wheat, and oat flour; sugar; partially hydrogenated vegetable oil (one or more of: coconut, cottonseed, and soybean); salt; sodium ascorbate and ascorbic acid (vitamin C); yellow #6; niacinamide; reduced iron; natural orange, lemon, cherry, raspberry, blueberry, lime, and other natural flavors; red #40; blue #2; zinc oxide; turmeric color; pyridoxine hydrochloride (vitamin B_6); blue #1; riboflavin (vitamin B_2); thiamin hydrochloride (vitamin B_1); annatto color; vitamin A palmitate; BHT (preservative); folic acid; vitamin B_{12}; vitamin D.

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Nutrition Facts

Serving Size 3/4 cup (32g)
Servings Per Container about 13

Amount Per Serving	Cereal	Cereal with 1/2 cup Fat Free Milk
Calories	130	170
Calories from Fat	20	20
		% Daily Value**
Total Fat 2.5g*	4%	4%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	0%
Sodium 135mg	6%	8%
Potassium 70mg	2%	8%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 2g	8%	8%
Sugars 6g		
Other Carbohydrate 18g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	60%	60%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	50%	50%
Vitamin B_{12}	25%	35%
Phosphorus	6%	20%
Magnesium	4%	8%
Zinc	2%	6%
Copper	4%	4%

* Amount in Cereal. One half cup fat free milk contributes an additional 40 calories, 65mg sodium, 200mg potassium, 6g total carbohydrate (6g sugars), and 4g protein.

**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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, ALMONDS†, RICE, HIGH OLEIC VEGETABLE OIL† (CANOLA OR SUNFLOWER OIL), WHEAT FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, SALT, WHEY (FROM MILK†), MALTED CORN AND BARLEY SYRUP, HONEY, CARAMEL COLOR, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, ANNATTO EXTRACT (COLOR). BHT ADDED TO PACKAGING MATERIAL TO PRESERVE PRODUCT FRESHNESS.

VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6, VITAMIN A PALMITATE, RIBOFLAVIN (VITAMIN B2), THIAMIN MONONITRATE (VITAMIN B1), ZINC OXIDE (SOURCE OF ZINC), FOLIC ACID, VITAMIN B12, VITAMIN D.

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6-1.5 OZ (42g) 2-BAR POUCHES

Nutrition Facts

Serving Size 2 bars (42g)
Servings Per Container 6

Amount Per Serving	2 bars		1 bar	
Calories	190		90	
Calories from Fat	60		30	
		% Daily Value*		
Total Fat	7g	11%	3.5g	6%
Saturated Fat	1g	4%	0.5g	2%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	180mg	7%	90mg	4%
Total Carbohydrate	28g	9%	14g	5%
Dietary Fiber	2g	8%	1g	4%
Sugars	11g		6g	
Protein	4g		2g	
Calcium		2%		0%
Iron		6%		2%

Not a significant source of vitamin A and vitamin C.

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR, MALT, SALT), ALMOND PIECES, BROWN SUGAR SYRUP, SALT, SOY LECITHIN, BAKING SODA, NATURAL FLAVOR, PEANUT FLOUR, PECAN FLOUR.
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Nutrition Facts

Serving Size	1 Pastry (50g)
Servings Per Container	8
Amount Per Serving	
Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	**0%**
Sodium 170mg	**7%**
Total Carbohydrate 34g	**11%**
Dietary Fiber less than 1g	**3%**
Sugars 15g	
Protein 2g	

Vitamin A 10% • Vitamin C 0% • Calcium 10% • Iron 10%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B_6 10%
Folic Acid 10%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), BROWN SUGAR (SUGAR, MOLASSES), SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, CRACKER MEAL, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), CINNAMON, WHEAT STARCH, GELATIN, CARAMEL COLOR, SOY LECITHIN, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMIN HYDROCHLORIDE (VITAMIN B_1), FOLIC ACID.

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6 PACKAGES

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INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), WATER, DEXTROSE, PALM OIL, SUGAR. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: NONFAT DRY MILK, EGG YOLKS, SOY FLOUR, CORN SYRUP SOLIDS, SOYBEAN OIL, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL*, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, SODIUM ALUMINUM PHOSPHATE), SALT, COLORS (ANNATTO EXTRACT, TURMERIC EXTRACT, TITANIUM DIOXIDE), WHEAT AND TAPIOCA STARCHES, MODIFIED CORN STARCH, WHEAT GERM, NATURAL AND ARTIFICIAL FLAVORS, EMULSIFIERS (SOY LECITHIN, MONO- AND DIGLYCERIDES), GLYCERIN, SORBIC ACID AND POTASSIUM SORBATE AND CALCIUM PROPIONATE (TO RETAIN FRESHNESS), CELLULOSE AND GUAR AND KARAYA GUMS, CITRIC ACID, DEXTRIN.

*CONTRIBUTES A TRIVIAL AMOUNT OF TRANS FAT.

ALLERGY INFORMATION: CONTAINS WHEAT, MILK, EGGS AND SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

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LD POWDERED MINI DONUTS

Nutrition Facts

Serving Size 4 donuts (53g)
Servings Per Container 6

Amount Per Serving	
Calories 210 Calories from Fat 90	
	% Daily Value*
Total Fat 10g	15%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	8%
Total Carbohydrate 29g	10%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 2g	

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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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Black Beauty	$9.00	x ___	= ___
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LOW FAT • CHOLESTEROL FREE
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Nutrition Facts

Serving Size 1 Slice (37g / 1.3oz)
Servings Per Container 14

Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 130mg	**5%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 3g	**12%**
Sugars 3g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	4%	• Iron	6%
Thiamin	4%	• Riboflavin	2%
Niacin	8%	• Folate	2%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MADE FROM: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, YEAST, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, WHEAT BRAN, CONTAINS 2 PERCENT OR LESS OF: MOLASSES, HONEY, LOWER SODIUM NATURAL SEA SALT, VINEGAR, WHEAT FLOUR, CULTURED WHEY* (MILK), SALT, ENZYME MODIFIED SOY LECITHIN AND ENZYMES.

*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.

PEPPERIDGE FARM, INC., NORWALK, CT 06856

†130mg SODIUM VS 174mg SODIUM PER 37g SLICE IN WHOLE WHEAT BREAD (USDA NATIONAL NUTRIENT DATABASE FOR STANDARD REFERENCE, RELEASE 21)

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CRACKERS

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No Cholesterol
Low in Saturated Fat

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SEE SIDE PANEL FOR INFORMATION ABOUT SODIUM AND OTHER NUTRIENTS.

SERVING SUGGESTION

NET WT. 15 OZ. (425g)

Keebler™

CLUB®

CRACKERS

MULTI-GRAIN

No Cholesterol
Low in Saturated Fat

Nutrition Facts

Serving Size	4 Crackers (14g)
Servings Per Container	About 30

Amount Per Serving	
Calories 70	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 150mg	**6%**
Total Carbohydrate 10g	**3%**
Dietary Fiber less than 1g	**2%**
Sugars 2g	
Protein 1g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	2%

* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL† WITH TBHQ FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS TWO PERCENT OR LESS OF SALT, OAT BRAN, CORN FLOUR, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, CARAMEL COLOR, SOY LECITHIN.
†LESS THAN 0.5g *TRANS* FAT PER SERVING.

CONTAINS WHEAT AND SOY INGREDIENTS.

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Cheddar
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Natural
NO ARTIFICIAL PRESERVATIVES
0g Trans Fat

NET WT 6.6 OZ (187g)

LOW CHOLESTEROL

Nutrition Facts

Serving Size 55 Pieces (30g /1.1oz)
Servings Per Container About 6

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 2.5g	
Cholesterol Less than 5mg	1%
Sodium 250mg	10%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	7%
Sugars Less than 1g	
Protein 4g	

Vitamin A	0%	• Vitamin C	0%
Calcium	4%	• Iron	6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MADE WITH SMILES AND WHOLE GRAIN WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], CHEDDAR CHEESE [(PASTEURIZED CULTURED MILK, SALT, ENZYMES), ANNATTO], VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, YEAST, AUTOLYZED YEAST, SPICES, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE, AMMONIUM BICARBONATE) AND ONION POWDER.

PEPPERIDGE FARM, INCORPORATED, NORWALK, CT 06856
PRODUCT OF USA

9101400518R

8578-3-4

Goldfish® BAKED SNACK CRACKERS
Made with WholeGrain

Nutrition Facts

Serving Size ½ cup (39g dry)
Servings Per Container about 13

Amount Per Serving	Cereal
Calories	140
Calories from Fat	25
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 26g	**9%**
Dietary Fiber 4g	**16%**
Soluble Fiber 2g	
Insoluble Fiber 2g	
Sugars 0g	
Protein 5g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: 100% WHOLE GRAIN ROLLED OATS.

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See Back Panel for Nutrition Information

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SEE BACK PANEL FOR INFORMATION ABOUT THE RELATIONSHIP BETWEEN DIETARY SATURATED FAT AND CHOLESTEROL AND THE RISK OF CORONARY HEART DISEASE.

Serving Suggestion

NET WT 18 OZ (1 LB 2 OZ) 510g

NEW!

Baked
Whole Grain
Wheat Crackers

Triscuit

HINT of SALT

A LOW SODIUM CHOICE

ENLARGED TO SHOW DETAIL

SERVING SUGGESTION

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Disease

CH IN WHOLE GRAIN FOODS, AND LOW IN SATURATED FAT
ESTEROL, MAY HELP REDUCE THE RISK OF HEART DISEASE.

NET WT
9.5 OZ (269g)

Triscuit

HINT of SALT

A LOW SODIUM CHOICE

Nutrition Facts

Serving Size 6 crackers (28g)
Servings Per Container About 10

Amount Per Serving	
Calories 130	Calories from Fat 40
	% Daily Value *
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Potassium 110mg	**3%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**12%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%
Phosphorus 10%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT.

CONTAINS: WHEAT.

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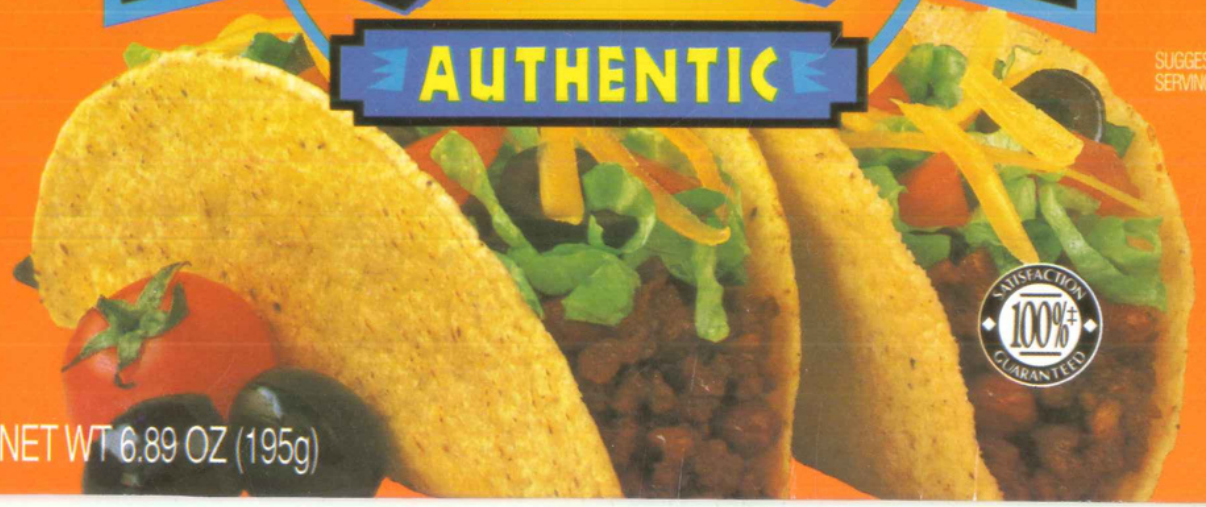

SUGGESTED SERVING

NET WT 6.89 OZ (195g)

Nutrition Facts

Serving Size 3 Shells (32g)
Servings Per Container 6

Amount Per Serving	
Calories 150	Calories from Fat 80
	% Daily Value*
Total Fat 9g	**14%**
Saturated Fat 2.5g	**13%**
Cholesterol 0mg	**0%**
Sodium 7mg	**0%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 0g	
Protein 2g	

Calcium 2%

Not a significant source of vitamin A, vitamin C, and iron.

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: GROUND CORN, PARTIALLY HYDROGENATED VEGETABLE OILS (SOY/COTTONSEED), WATER, TRACE OF LIME.

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‡ MONEY BACK GUARANTEE: If you write to us about this product, please include the code printed or embossed on the package and bar code numbers.

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Sourdough

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HARD PRETZELS

Ⓤ DAIRY

NET WT. 13-1/2 OZ. (382.7g)

Nutrition Facts

Serving Size 1 Pretzel (28g)
Servings Per Container About 14

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 240mg	**10%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 2%

* 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
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Unbleached wheat flour, water, salt, yeast and soda.

Allergy Information: Produced in a facility that handles peanut butter.

Prepared by
SNYDER'S OF HANOVER, INC.
HANOVER, PENNSYLVANIA 17331, USA

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Nutrition Facts

Serving Size 1 oz (28g/About 1 3/4 cup)
Servings Per Container About 2.5

Amount Per Serving	1 oz	Entire Pkg
Calories	160	380
Calories from Fat	90	210
	% Daily Value*	
Total Fat 10g, 24g	**15%**	**37%**
Saturated Fat 2g, 5g	**10%**	**24%**
Trans Fat 0g, 0g		
Cholesterol less than 5mg, 10mg	**2%**	**4%**
Sodium 290mg, 700mg	**12%**	**29%**
Potassium 100mg, 230mg	**3%**	**7%**
Total Carbohydrate 14g, 34g	**5%**	**11%**
Dietary Fiber 2g, 5g	**9%**	**20%**
Sugars 2g, 4g		
Protein 3g, 8g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	6%	15%
Iron	2%	6%
Vitamin E	8%	20%
Thiamin	2%	4%
Riboflavin	6%	15%
Vitamin B_6	4%	8%
Phosphorus	10%	20%
Magnesium	6%	10%
Zinc	2%	8%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Popcorn, Vegetable Oil (Corn, Canola, Soybean, and/or Sunflower Oil), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Buttermilk, and Salt.

CONTAINS MILK INGREDIENTS.

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Nutrition Facts

Serving Size 1 oz. (28g/About 16 chips)
Servings Per Container About 11

Amount Per Serving	
Calories 140	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**10%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**10%**
Sugars 2g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 2%
Vitamin E 6%	•	Thiamin 2%
Niacin 2%	•	Vitamin B_6 2%
Phosphorus 4%	•	Magnesium 4%
Zinc 2%		

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Whole Corn, Sunflower Oil, Whole Wheat, Whole Oat Flour, Rice Flour, Sugar, Corn Bran, Salt, Natural Flavor, and Corn Maltodextrin.
CONTAINS A WHEAT INGREDIENT.

No Preservatives.

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Sunshine

CHEEZ-IT

Baked Snack Crackers

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Compare Reduced Fat *Cheez-It*® with 4.5g fat per 30g serving to Regular *Cheez-It*® with 8g fat per 30g serving

Nutrition Facts

Serving Size	29 Crackers (30g)
Servings Per Container	About 10
Amount Per Serving	
Calories 130	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Total Carbohydrate 20g	**7%**
Dietary Fiber less than 1g	**3%**
Sugars 0g	
Protein 4g	

Vitamin A 2% • Vitamin C 0% • Calcium 4% • Iron 6%

* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), VEGETABLE OIL (SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS), CHEESE MADE WITH SKIM MILK (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), CONTAINS TWO PERCENT OR LESS OF SALT, YEAST EXTRACT, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, SOY LECITHIN.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Distributed by Sunshine Biscuits, LLC
Elmhurst, IL 60126

Visit **Cheez-it.com** for information on promotions, recipes, products, and FAQs.
To check your offer order status go to:
Kelloggs.com/specialorders
Phone us at 1-877-453-5837
Write to P.O. Box CAMB, Battle Creek, MI 49016-1986
Provide production code on package.

NEW! COMPARING NUTRITION FACTS

Many consumers eat popcorn by the bag. Compared to other brands, we make understanding the nutrition facts simpler by providing FULL BAG POPPED information.

Nutrition Facts

Serving Size 1 Bag (66g) Makes about 12 cups popped Servings Per Carton 24

AMOUNT PER SERVING 1 bag Unpopped, Popped	1 BAG UNPOPPED	1 BAG POPPED
Calories	270	250
Calories from Fat	90	80
		% Daily Value*
Total Fat 10g, 9g	15%	14%
Saturated Fat 1.5g, 1.5g	8%	8%
Trans Fat 0g, 0g		
Polyunsaturated Fat 2.5g, 2g		
Monounsaturated Fat 5g, 5g		
Cholesterol 0mg, 0mg	0%	0%
Sodium 370mg, 350mg	15%	15%
Total Carbohydrate 42g, 37g	14%	12%
Dietary Fiber 7g, 6g	28%	24%
Sugars 0g, 0g		
Protein 5g, 5g		
Calcium	2%	2%
Iron	8%	6%

Not a significant source of Vitamin A and Vitamin C.

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS:

Popcorn, Canola Oil, Salt. Contains 2% or less of the following: Natural & Artificial Flavor, Color Added, TBHQ and Citric Acid to preserve freshness, Hydrogenated Vegetable Oil (corn, cottonseed, soybean, or sunflower).

Contains Milk Ingredients

FULL BAG POPPED

CALORIES	250
SAT FAT	1.5g
TRANS FAT	0g

NATURALLY CHOLESTEROL FREE

100% WHOLE GRAIN

NATURALLY GLUTEN AND SUGAR FREE

Baked!

guaranteed fresh
until printed date.

SEP 11
216116406
63 11:34

Ruffles® BRAND
ORIGINAL

POTATO CRISPS

NET WT. 7/8 OZ. (24.8 g)

0 grams
Trans Fat

70% less fat than regular potato chips
Fat content of regular potato chips is 10g per 1 oz. serving; fat content of these snacks is 3g per 1 oz. serving. This package contains 7/8 oz.

Nutrition Facts

Serving Size 1 package
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from Fat 25
	% Daily Value*
Total Fat 3g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 120mg	**5%**
Potassium 220mg	**6%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 2g	**6%**
Sugars 1g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 6%
Calcium 0%	•	Iron 0%
Phosphorus 4%	•	Manganese 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Dried Potatoes, Corn Starch, Corn Oil, Sugar, Salt, Soy Lecithin, and Corn Sugar.
CONTAINS A SOY INGREDIENT.

No Preservatives.

FRITO-LAY, INC.
PLANO, TX 75024-4099

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3 X Y Z

13 412 b8748 (A)

May Help Lower Cholesterol

OFFICIAL PRODUCT

BOX TOPS FOR EDUCATION

PROGRESSO
Reduced Sodium

- 120 CALORIES PER SERVING
- GOOD SOURCE OF FIBER
- NO ARTIFICIAL FLAVORS
- LOW FAT
- NO MSG ADDED**

** Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins

READY TO SERVE • DO NOT ADD WATER

STOVE-TOP: Heat in saucepan.

MICROWAVE: Heat in covered microwavable bowl on High 2-4 min. Careful—leave in microwave 1 min; stir. Refrigerate leftovers.

LISTA PARA SERVIR • NO AGREGUE AGUA

ESTUFA: Caliente en una cacerola.

HORNO DE MICROONDAS: Caliente en un recipiente cubierto apto para microondas a temperatura Alta de 2 a 4 min. Precaución: deje reposar 1 min. en el microondas; revuelva. Refrigere lo que sobre.

Questions or Comments?
Save can and call 1-800-200-9377 weekdays 7:30 a.m. to 5:30 p.m. CT.
Se habla español.

OFFICIAL COUPON
BOX TOPS FOR EDUCATION
EXPIRES 6/1/13

Ingredients: Water, Tomato Puree (water, tomato paste), **Carrots, Celery, Kidney Beans, Potatoes, Green Beans, Peas, Penne Pasta** (wheat flour, semolina wheat, egg whites*), **Spinach. Contains less than 1% of:** Garbanzo Beans, Modified Food Starch, Soybean Oil, Sea Salt, Sugar, Potassium Chloride, Onion Powder, Garlic Powder, Corn Protein (hydrolyzed), Parsley*, Salt, Yeast Extract, Natural Flavor, Spices, Fennel Seed, Milk, Citric Acid, Extractives of Turmeric, Freshness Preserved by Vitamin E (tocopherol). *Dried

CONTAINS WHEAT, EGG AND MILK INGREDIENTS.

DIST. BY PROGRESSO FOODS DIVISION, GENERAL MILLS CEREALS, LLC, MINNEAPOLIS, MN 55440 USA

*Sodium content has been reduced from 690mg to 470mg per serving.

0 41196 80546 8

Exchanges: 1½ Starch
Based on American Dietetic Association and American Diabetes Association criteria

Visit our website at *www.ProgressoSoup.com*

Nutrition Facts

Serving Size 1 cup (252g)
Servings Per Container about 2

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Potassium 720mg	**21%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**17%**
Soluble Fiber 1g	
Sugars 4g	
Protein 5g	

Vitamin A 20% • Vitamin C 0%
Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2000 calorie diet.

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EXPIRES 6/1/13

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SINCE 1938

VEGETARIAN

Refried Beans

NET WT. 16 OZ (1 LB) 453g

Serving Suggestion

To Feed Your FIESTA Go To: www.OldElPaso.com

Nutrition Facts

Serving Size ½ cup (118g)
Servings Per Container about 4

Amount Per Serving	
Calories	90
Calories from Fat	5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 570mg	**24%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 5g	**21%**
Sugars 0g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cooked Beans, Water. Contains Less Than 2% of: Salt, Tomato Paste, Soybean Oil, Chili Pepper, Sugar, Natural Flavor, Yeast Extract.

DISTRIBUTED BY
OLD EL PASO DIVISION, GENERAL MILLS CEREALS, LLC,
MINNEAPOLIS, MN 55440 USA

3062038105

Questions or Comments?
Call 1-800-300-8664 Mon – Fri 7:30 a.m. - 5:30 p.m. CT
Information from the package will be helpful. Old El Paso Consumer Services, P.O. Box 200, Minneapolis, MN 55440

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 3.5

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 380mg	**16%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**13%**
Sugars 0g	
Protein 6g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet. Your diet may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Prepared Black-Eyed Peas, Water, and Salt. Disodium EDTA added to promote color retention.

Distributed By:
Wegmans Food Markets, Inc.
Rochester, NY 14603

Our Promise

We're proud of our black-eyed peas and we hope you'll agree. Remember, your satisfaction is *always* guaranteed with Wegmans brand products.

The Wegmans Family

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Make foods like black-eyed peas, part of your plan for heart healthful eating.

Once opened, store unused portion in another container and refrigerate.

Questions or comments about this product
1-800-Wegmans
(934-6267) ext 5920
9am-4pm EST weekdays
Visit us at wegmans.com

0 77890 42228 1

NET WT 12.4 OZ (351g)

Famous Amos COOKIES Chocolate Chip

Nutrition Facts

Serving Size 4 Cookies (29g)
Servings Per Container About 12

Amount Per Serving	
Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 105mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber less than 1g	**3%**
Sugars 9g	
Protein 1g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	2%

* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF MOLASSES, SALT, EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR, WHEY, WHEY PROTEIN CONCENTRATE.

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TREE NUTS.

Distributed by Famous Amos Chocolate Chip Cookie Co., LLC, Elmhurst, IL 60126

* Ambrosia and the Ambrosia logo are trademarks of Archer Daniels Midland Company

Visit **www.famousamos.com** for information on promotions and products.
Phone us at 1-877-453-5837
Write to P.O. Box CAMB, Battle Creek, MI 49016-1986
Provide production code on package.

1

P11660V001
136056 1227 1/12 3842

Nutrition Facts

Serving Size 1 Brownie (114g)
Servings Per Container 6

Amount Per Serving	
Calories 510 Calories from Fat 210	
	% Daily Value*
Total Fat 23g	**35%**
Saturated Fat 7g	**35%**
Trans Fat 1g	
Cholesterol 20mg	**7%**
Sodium 290mg	**12%**
Total Carbohydrate 71g	**24%**
Dietary Fiber 2g	**8%**
Sugars 40g	
Protein 5g	
Vitamin A 0% • Vitamin C 0%	
Calcium 2% • Iron 15%	

* 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL WITH TBHQ TO PRESERVE FLAVOR, SUGAR, DEXTROSE, WATER, COCOA, WALNUTS, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), EGGS, SOY LECITHIN (EMULSIFIER), CORN STARCH, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), COLORS (CARAMEL COLOR, RED 40), NATURAL AND ARTIFICIAL FLAVORS, EGG WHITES, CITRIC ACID, SORBIC ACID (TO RETAIN FRESHNESS), ALMONDS.

ALLERGY INFORMATION: CONTAINS WHEAT, WALNUTS, MILK, EGGS, SOY AND ALMONDS. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

McKee

McKee Foods
P.O. BOX 750
COLLEGEDALE, TN 37315

Conn. Bakery License No. 07884

Stauffer's®
A Meiji COMPANY

Animal Crackers ©D

Original

- ✓ Low Fat
- ✓ 0g Trans Fat
- ✓ 0mg Cholesterol
- ✓ 13 Crackers Only 100 Calories

Nutrition Facts

Serving Size 16 crackers (30g/1.1 oz)
Servings Per Container about 30

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Total Carbohydrate 25g	**8%**
Dietary Fiber less than 1g	**2%**
Sugars 7g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 6%	
Thiamine 10%	•	Riboflavin 6%	
Niacin 6%	•	Folate 8%	

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, SALT, BAKING SODA (LEAVENING), SOY LECITHIN (AN EMULSIFIER), NATURAL FLAVOR, SPICES (NUTMEG AND MACE).

Made in a Bakery that uses Peanuts and Tree Nuts.

STAUFFER BISCUIT COMPANY
YORK, PA 17405

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8 ORIGINAL SIZE BARS

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RICE KRISPIES TREATS

CRISPY MARSHMALLOW SQUARES

THE Original!

8 - 0.78 OZ (22g) BARS
NET WT 6.2 OZ (176g)

Kellogg's

RICE KRISPIES TREATS

CRISPY MARSHMALLOW SQUARES

THE Original

Nutrition Facts

Serving Size	1 Bar (22g)
Servings Per Container	8

Amount Per Serving	
Calories 90	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 7g	
Protein less than 1g	

Vitamin A	4%	• Vitamin C	0%	• Calcium	0%
Iron	2%	• Vitamin D	2%	• Thiamin	10%
Riboflavin	10%	• Niacin	10%	• Vitamin B_6	10%
Folic Acid	6%				

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: TOASTED RICE CEREAL (RICE, SUGAR, SALT, HIGH FRUCTOSE CORN SYRUP, MALT FLAVORING, NIACINAMIDE, REDUCED IRON, RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), MARSHMALLOW (CORN SYRUP, SUGAR, GELATIN, NATURAL AND ARTIFICIAL FLAVOR), FRUCTOSE, MARGARINE (VEGETABLE OIL [SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS], WATER, NATURAL AND ARTIFICIAL BUTTER FLAVOR [CONTAINS MILK], DATEM, ACETYLATED MONOGLYCERIDES, BHT [PRESERVATIVE], VITAMIN A PALMITATE, VITAMIN D), CORN SYRUP SOLIDS, CONTAINS TWO PERCENT OR LESS OF DEXTROSE, GLYCERIN, SALT, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), THIAMIN HYDROCHLORIDE (VITAMIN B_1), SOY LECITHIN.

CONTAINS MILK AND SOY INGREDIENTS.

Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

0 38000 02650

Kellogg's® Rice Krispies Treats
The Original 6.2 oz.
UPC Proof of Purchase

K 145237 020 NL#

SWISS ROLLS

INGREDIENTS: SUGAR, CORN SYRUP, WATER, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL WITH TBHQ TO PRESERVE FLAVOR, DEXTROSE, PALM AND PALM KERNEL OIL, COCOA, SOYBEAN OIL, EGGS, WHEY (MILK), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), EMULSIFIERS (SORBITAN MONOSTEARATE, POLYSORBATE 60, SOY LECITHIN, MONO- AND DIGLYCERIDES, POLYGLYCEROL ESTERS OF FATTY ACIDS), SALT, CORN STARCH, COLORS (YELLOW 5, RED 40, BLUE 1), SORBIC ACID (TO RETAIN FRESHNESS), EGG WHITES, NATURAL AND ARTIFICIAL FLAVORS.

ALLERGY INFORMATION: CONTAINS WHEAT, EGGS, MILK AND SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

McKee

McKee Foods
P.O. BOX 750, COLLEGEDALE, TN 37315

PROOF OF PURCHASE

0 24300 04130 3

LD SWISS ROLLS

Nutrition Facts

Serving Size 2 Cakes (61g)
Servings Per Container 6

Amount Per Serving	
Calories 270 Calories from Fat 110	
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 6g	**30%**
Trans Fat 0g	
Cholesterol 15mg	**5%**
Sodium 150mg	**6%**
Total Carbohydrate 38g	**13%**
Dietary Fiber <1g	**3%**
Sugars 27g	
Protein 2g	

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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 2 cookies (29g)
Servings Per Container About 16

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 105mg	**4%**
Potassium 40mg	**1%**
Total Carbohydrate 21g	**7%**
Dietary Fiber Less than 1 gram	**3%**
Sugars 13g	
Protein 1g	

Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 6%

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: SUGAR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), HIGH OLEIC CANOLA OIL AND/OR PALM OIL AND/OR CANOLA OIL AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, VANILLIN - AN ARTIFICIAL FLAVOR, CHOCOLATE.

CONTAINS: WHEAT, SOY.

KRAFT FOODS GLOBAL, INC.
NORTHFIELD, IL 60093-2753 USA

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1-800-622-4726

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BRAND SEAL
DOUBLE STUF
OREO COOKIES

0 44000 02538 0

04050007183700

Nutrition Facts

Serving Size 2 cakes/1 pkg. (60g)
Servings Per Container 6

Amount Per Serving	
Calories 210	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**10%**
Saturated Fat 2g	**10%**
Trans Fat 1g	
Cholesterol 5mg	**2%**
Sodium 260mg	**11%**
Total Carbohydrate 36g	**12%**
Dietary Fiber 2g	**8%**
Sugars 26g	
Protein 2g	

Vitamin A 0% •	Vitamin C 0%
Calcium 2% •	Iron 6%

* 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR, WATER, BLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE-B1, RIBOFLAVIN-B2, FOLIC ACID), PARTIALLY HYDROGENATED VEGETABLE SHORTENING (CANOLA, SOYBEAN AND/OR COTTONSEED OILS), EGGS, COCOA, HIGH FRUCTOSE CORN SYRUP, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), CHOCOLATE, SKIM MILK, WHEY (MILK), MONO AND DIGLYCERIDES, SALT, BUTTER, ISOLATED SOY PROTEIN, CORN SYRUP, SORBIC ACID (TO PRESERVE FRESHNESS), NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, XANTHAN GUM, AGAR, TAPIOCA FLOUR, PROPYLENE GLYCOL MONOSTEARATE, PECTIN, NUTMEG, CITRIC ACID, CINNAMON, FOOD STARCH MODIFIED.
ALLERGEN INFORMATION: MANUFACTURED IN A FACILITY THAT USES PEANUTS.
REG. PENNA. DEPT. AGR., TASTY BAKING COMPANY, PHILADELPHIA, PA 19129-1392
Questions or Comments: 1-800-24-TASTY
Send Tastykakes anywhere: 1-800-33-TASTY

The Tastykake Guarantee

Tastykake products are made to taste great. If not satisfied, full refund guaranteed with proof of purchase, code, and reason for dissatisfaction. Freshness assured through date on package.

TASTYKAKE®

CHOCOLATE CUPCAKES

12 Chocolate Iced Cupcakes

UD

cellent Source of
FIBER

Made from 100%
WHOLE GRAIN

Calories	Saturated Fat	Sodium	Sugars	Fiber	Magnesium
180	0g	0mg	12g	5g	
	0%	0%		20%	10%

Per 24 biscuit serving

Kellogg's®

FROSTED

Mini-Wheats®

Bite Size

Strawberry Delight

Kellogg's®

FROSTED

Mini-Wheats®

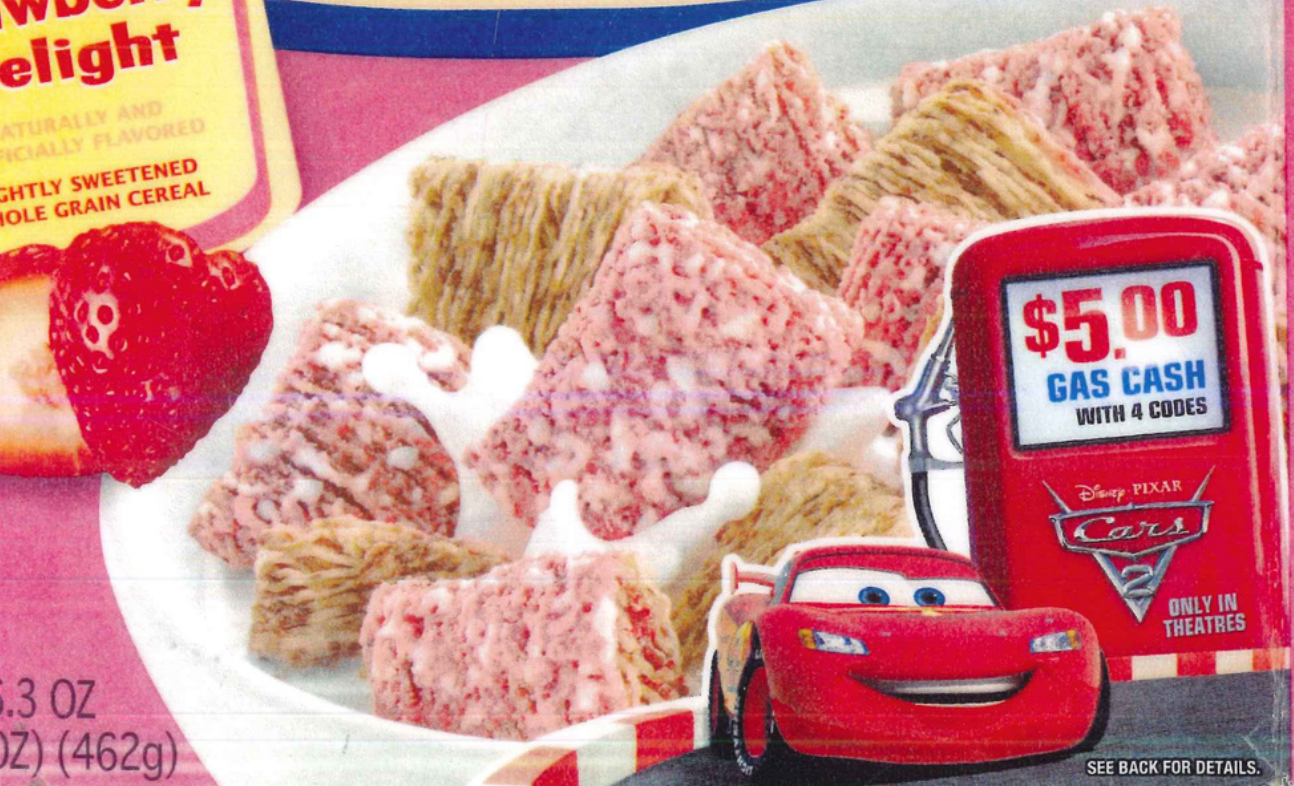
Bite Size

ENLARGED TO SHOW TEXTURE

wberry
elight

ATURALLY AND
FICIALLY FLAVORED

GHTLY SWEETENED
HOLE GRAIN CEREAL



.3 OZ
OZ) (462g)

SEE BACK FOR DETAILS.

Nutrition Facts

Serving Size About 24 Biscuits (52g/1.8 oz.)

Servings Per Container About 9

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	180	220
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	0%
Monounsaturated Fat 0g		
Polyunsaturated Fat 0.5g		
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	3%
Potassium 170mg	5%	11%
Total Carbohydrate 43g	14%	16%
Dietary Fiber 5g	20%	20%
Sugars 12g		
Other Carbohydrate 26g		
Protein 4g		
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	90%	90%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B_6	25%	25%
Folic Acid	25%	25%
Vitamin B_{12}	25%	35%
Phosphorus	15%	25%
Magnesium	10%	15%
Zinc	10%	15%
Copper	8%	10%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars), and 4g protein.

** 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
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, STRAWBERRY FLAVORED CRUNCHLETS (SUGAR, CORN CEREAL, CORN SYRUP, MODIFIED CORN STARCH, PARTIALLY HYDROGENATED COTTONSEED AND/OR SOYBEAN OIL, CITRIC ACID, GLYCERIN, NATURAL AND ARTIFICIAL FLAVOR, RED #40, BLUE #2), NATURAL AND ARTIFICIAL STRAWBERRY AND CRÈME FLAVOR, SORBITOL, GELATIN, REDUCED IRON, NIACINAMIDE, ZINC OXIDE, RED #40, PYRIDOXINE HYDROCHLORIDE (VITAMIN B_6), RIBOFLAVIN (VITAMIN B_2), THIAMIN HYDROCHLORIDE (VITAMIN B_1), FOLIC ACID, BLUE #1, AND VITAMIN B_{12}. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

CONTAINS WHEAT INGREDIENTS.

Product of Canada
Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA

Exchange: 3 Carbohydrates
The dietary exchanges are based on the *Choose Your Foods: Exchange Lists for Diabetes*, ©2008 by American Dietetic Association and American Diabetes Association.

Questions or Comments?

VISIT kelloggs.com

CALL 1-800-962-1413
(SE HABLA ESPAÑOL)

WRITE P.O. Box CAMB
Battle Creek, MI 49016

PROVIDE PRODUCTION CODE ON PACKAGE.

Food Club®

HONEY GRAHAMS

Grahamdillycious!

Ⓤ PAREVE

SERVING SUGGESTION

SATISFACTION 100%‡ GUARANTEED

No Cholesterol

NET WT 16 OZ (1 LB) 454 g

Nutrition Facts

Serving Size 2 whole crackers (27g)
Servings Per Carton about 17

Amount Per Serving	
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	**5%**
Saturated Fat 0.5g	**3%**
Polyunsaturated Fat 0g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 21g	**7%**
Dietary Fiber less than 1g	**4%**
Sugars 6g	
Protein 1g	

Iron 4%

Not a significant source of vitamin A, vitamin C and calcium.

*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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SUGAR, GRAHAM FLOUR, PARTIALLY HYDROGENATED VEGETABLE OIL SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, COTTONSEED OIL), BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, HONEY, SODIUM BICARBONATE, SALT, MOLASSES, SOY LECITHIN, MALTED CEREAL SYRUP AND VANILLIN (AN ARTIFICIAL FLAVOR).

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