



## Smart Snacks Product Calculator Results

Brand:  
**Pepperidge Farms**

Product Name:  
**Goldfish-Cheese WG**

Serving Size:  
**21.26 g**

First Ingredient:  
**Whole Grain Wheat Flour with Smiles**

- Your whole grain product meets all nutrient standards.

## Nutrition Facts

Serving Size 0.75 oz (about 21.26 g) †

Amount Per Serving

**Calories** 100

**Calories from Fat** 30

**Total Fat (g)** 3.5

Saturated Fat (g) 1

Trans Fat (g) 0

**Sodium (mg)** 170

### Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:





## **CHEDDAR GOLDFISH® MADE WITH WHOLE GRAIN**

300/0.75OZ

case code 18105

Same Great Cheddar Goldfish® flavor now with Whole Grain Goodness. Goldfish are the #1 cracker brand in households with kids; Cheddar Goldfish® Made with Whole Grain are the #4 Goldfish retail variety, ideal for families seeking more whole grains. These 100 Calories pack sizes offer 0.75 oz single serve portions for school lunches, snacks or breakfast use. Baked Snack Crackers with real cheese, contain 30% calories from fat, less than 10% calories from saturated fat, 1 g dietary fiber and 0 sugars.

UPC: 0-14100-18105-7  
SCC-14: 10-01410-01810-54  
Storage Temp: 70°F  
Servings per case: 300



## **Features & Benefits**

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## **Serving Ideas**

School Foodservice: New Cheddar Goldfish Made with Whole Grain provides 1 g of fiber per serving, and Whole Grain wheat flour is its first ingredient; Single Serve, individually wrapped 0.75 oz pouches for school lunch programs on tray or a la carte, as individual snacks or at breakfast; Each Pouch is 100 calories; Provides 1 Grain/Bread Serving; 0 g trans fat; Natural, No Artificial Preservatives.

## **Preparation & Storage**

Shelf Life: 6 MONTHS

Preparation:

Ready to Serve. No Preparation Required.

Handling Guidelines:

Ready to Serve. No Preparation Required.

## **Packaging Details**

Pack & Size: 300/0.75OZ

Case Weight: 16.18 LB

Cube: 2.109 FT

Case Size: 24.000 IN x 15.000 IN x 10.125 IN



**Special Dietary Needs:**

- 100 calories or less per serving
- 15 grams total carbohydrates or less per serving
- 250 calories or less per serving
- Good source of Calcium
- Good source of Iron
- Sodium 141 - 480 mgs.
- Whole Grain

## Other Information

A 3/4 ounce serving contributes 1 serving of grains/breads to the USDA Child Nutrition Programs - Food Component Contribution. For more information on Pepperidge Farm® or Campbell's® products, see your distributor or call toll free 1-800-879-7687.

## Nutrition Information

Serving size: 1 pouch

Nutrients per Serving		%DV
Calories	100	
Calories From Fat	30	
Total Fat	3.5 g	5 %
Saturated Fat	1 g	5 %
Trans Fat	0 g	
Cholesterol	Less than 5 mg	2 %
Sodium	170 mg	7 %
Total Carbohydrate	14 g	5 %
Dietary Fiber	1 g	4 %
Sugars	0 g	
Protein	3 g	

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

Percent Daily Values are based on a 2,000 calorie diet. The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutrition label information on products sold.

## Ingredients

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) AND ONION POWDER.



Information true and accurate as of: 10/10/2007