SMART SNACKS PRODUCT CALCULATOR

**Smart Snacks** 

Smart Snacks Product Calculator Results	Nutrition Facts Serving Size 21.00 g ‡ Amount Per Serving	
Brand: Sunshine-Kellogs		
	Calories 100	Calories from Fat 30
Product Name: Cheez-It WG	Total Fat (g) 3.5	
	Saturated Fat (g) 1	
Serving Size: 21.00 g	Trans Fat (g) 0	
	<b>Sodium (mg)</b> 150	
First Ingredient: Whole Wheat Flour	Carbohydrates	
	Sugars (g) 0	
<ul> <li>Your whole grain product meets all nutrient standards.</li> </ul>	Vitamin D (%) NA	Potassium (%) NA
	Calcium (%) NA	Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY:

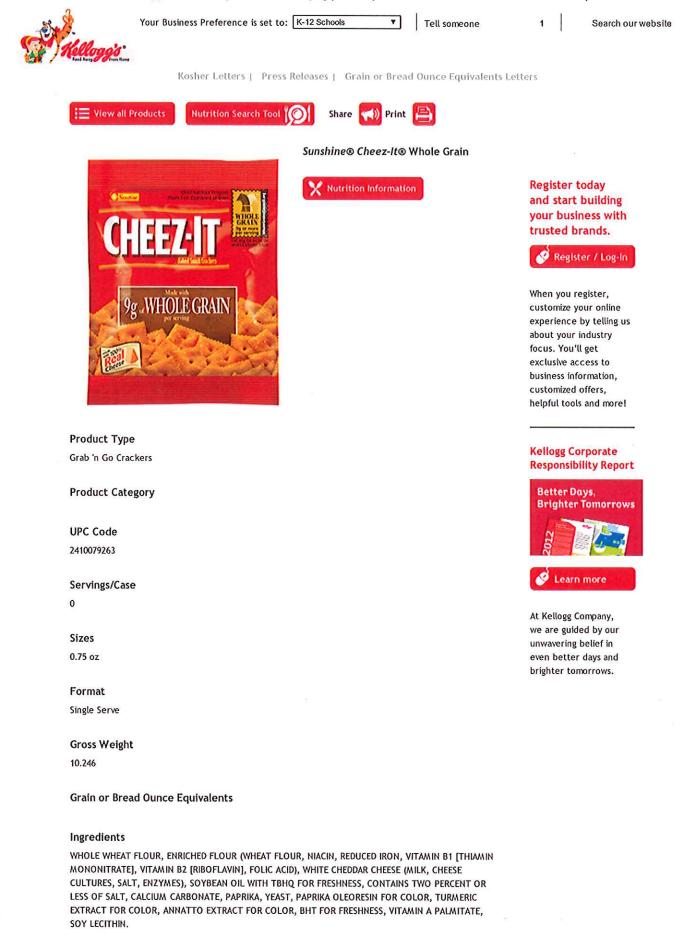
American Heart Association







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## Sunshine® Cheez-It® *made with Whole Grain*

Nutrition Facts Serving Size 1 Pouch (21g)		
Amount Per Serving Calories 100 Calories from Fat 30		
% Daily Value*		
Total Fat 3.5g 5%		
Saturated Fat 1g 5%		
Trans Fat Og		
Polyunsaturated Fat 1.5g		
Monounsaturated Fat 0.5g		
Cholesterol less than 5mg 1%		
Sodium 150mg 6%		
Total Carbohydrate 14g 5%		
Dietary Fiber 1g 5% Sugars 0g		
Protein 2g		
riotem 2g		
Vitamin A 10% • Vitamin C 0%		
Calcium 10% • 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		
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
INGREDIENTS: WHOLE WHEAT FLOUR,		
ENRICHED FLOUR (WHEAT FLOUR, NIACIN,		
REDUCED IRON, VITAMIN B1 [THIAMIN		
MONONITRATE), VITAMIN B2 (RIBOFLAVIN),		
FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES),		
SOYBEAN OIL WITH TBHQ FOR FRESHNESS,		
CONTAINS TWO PERCENT OR LESS OF SALT,		
CALCIUM CARBONATE, PAPRIKA, YEAST,		
PAPRIKA OLEORESIN FOR COLOR, TURMERIC		
EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN		
A PALMITATE, SOY LECITHIN.		
CONTAINS WHEAT MILK AND $S D Y$		

http://images.kglobalservices.com/www.fafh.com/en\_us/productitemnutrition/kic-32104/kic... 3/7/2014

Allergen Information CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

**Dietary Exchange Per Serving** 1 Carbohydrate, 1/2 Fat

Kosher Status Kosher Dairy

Shelf Life 240 days (8 months)

**Country of Origin** Distributed in USA



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