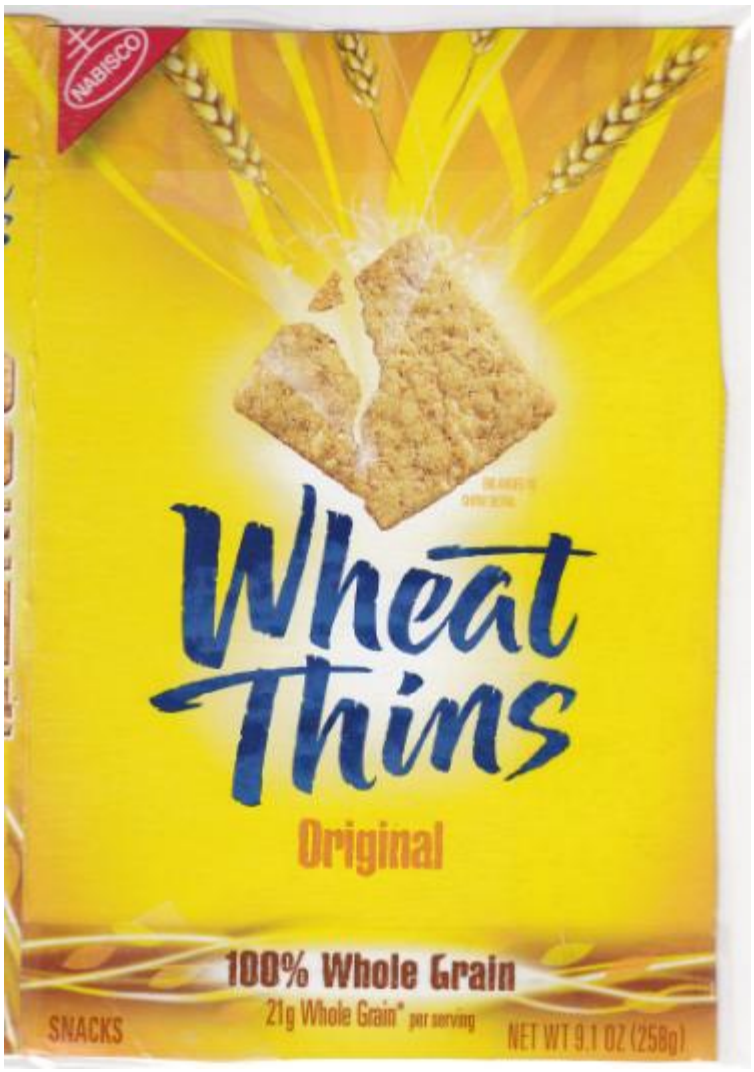


Nutrition Facts

Serving Size 16 pieces (31g)
Servings Per Container About 8

Amount Per Serving	
Calories 140	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Polyunsaturated Fat 3g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Potassium 90mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 3g	**12%**
Sugars 4g	
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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

GREDIENTS: WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, IGAR, CORNSTARCH, MALT SYRUP (FROM CORN AND RLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM OSPHATE AND/OR BAKING SODA), VEGETABLE COLOR NATTO EXTRACT, TURMERIC OLEORESIN).

T ADDED TO PACKAGING MATERIAL TO ESERVE FRESHNESS

NTAINS: WHEAT.

Nutrition Facts

Serving Size	27 Crackers (30g)
Servings Per Container	About 13

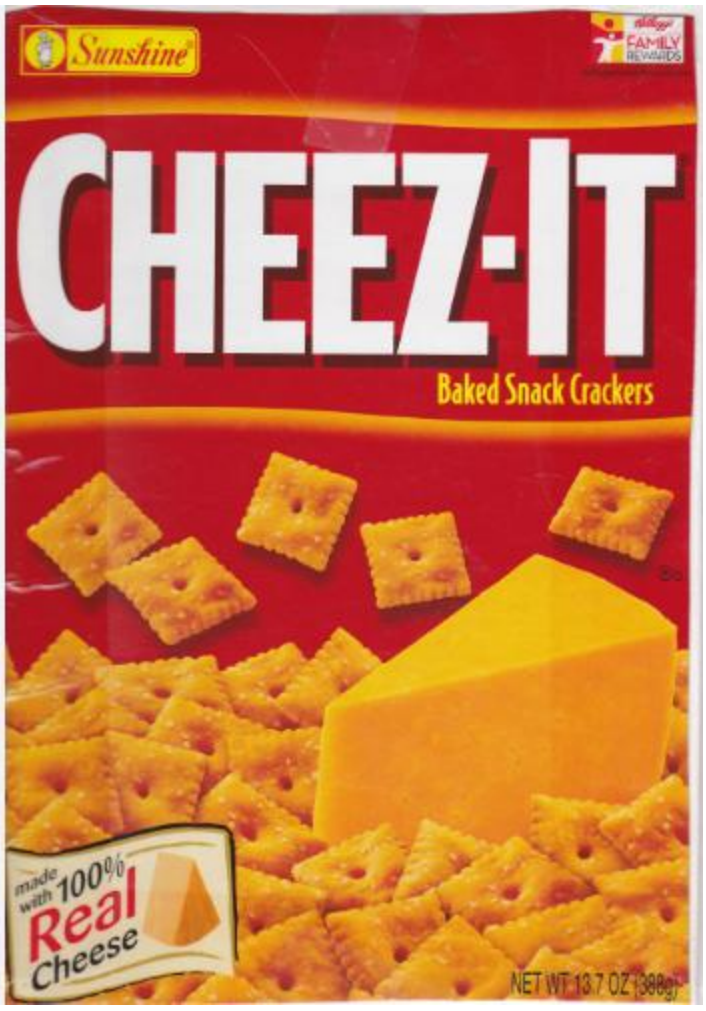
Amount Per Serving	
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 2g	
Cholesterol 0mg	**0%**
Sodium 230mg	**10%**
Total Carbohydrate 17g	**6%**
Dietary Fiber less than 1g	**3%**
Sugars 0g	
Protein 3g	

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, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, SOY LECITHIN.

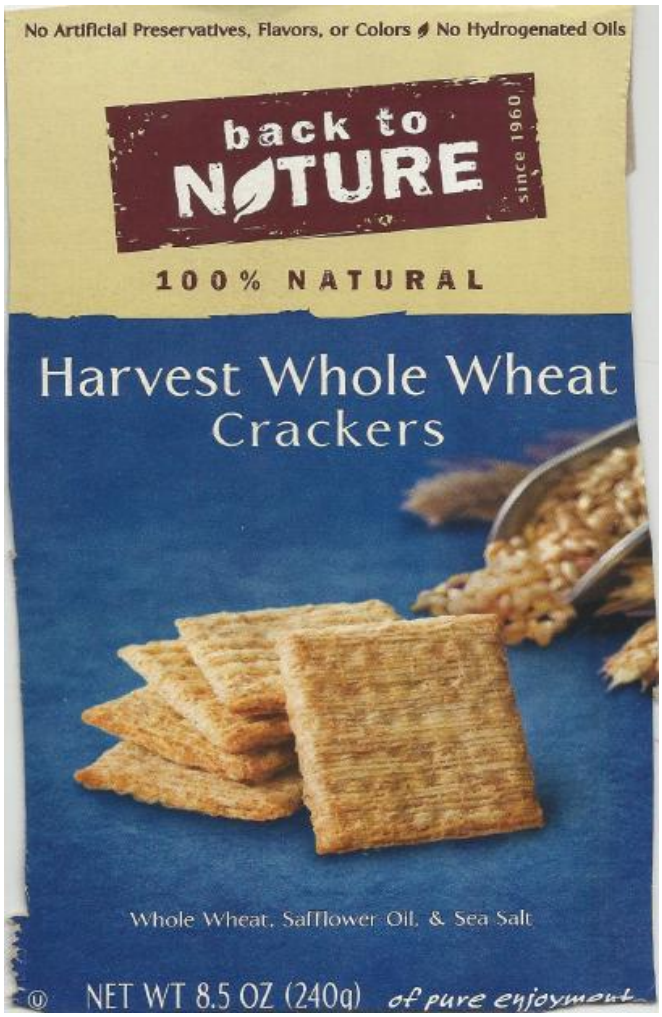
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 6 crackers (28g)
Servings Per Container about 9

Amount Per Serving	
Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 3g	
Cholesterol 0mg	**0%**
Sodium 140mg	**6%**
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%



INGREDIENTS: WHOLE WHEAT, SAFFLOWER OIL, SEA SALT, VITAMIN E TO HELP PROTECT FLAVOR.

CONTAINS: WHEAT.

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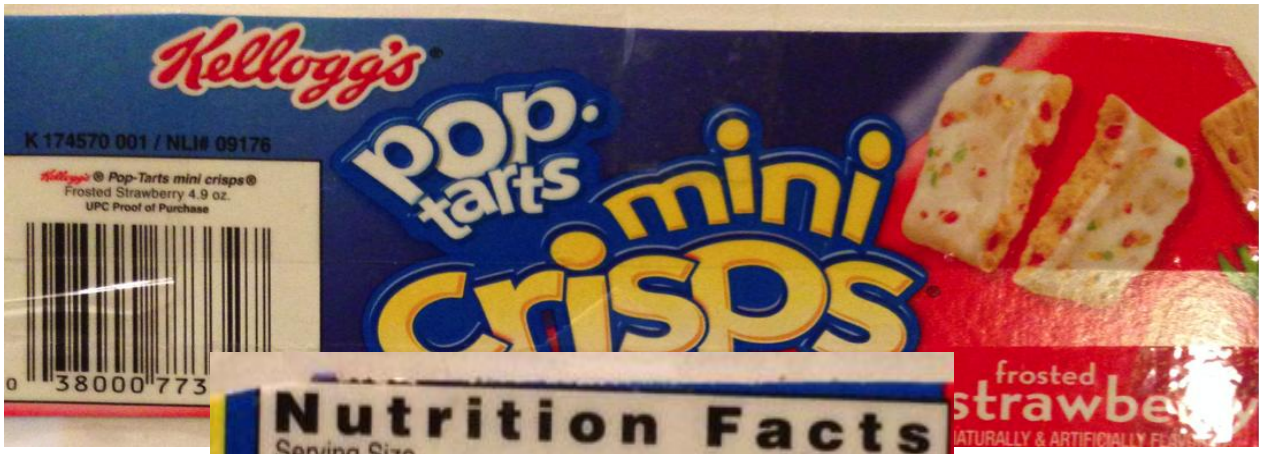
MADISON, WI 53704 USA



Nutrition Facts

Serving Size	1 Pouch (14g)
Servings Per Container	10

Amount Per Serving

Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	**0%**
Sodium 75mg	**3%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein less than 1g	

Vitamin A	6%	• Vitamin C	0%	• Calcium	0%	• Iron	6%
Thiamin	6%	• Riboflavin	6%	• Niacin	6%	• Vitamin B_6	6%
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
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, VITAMIN B_1 [THIAMIN MONONITRATE], VITAMIN B_2 [RIBOFLAVIN], FOLIC ACID), SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF MODIFIED CORN STARCH, SALT, WHEAT STARCH, DEXTROSE, BAKING SODA, GELATIN, CANOLA OIL, COLOR ADDED, CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, CONFECTIONER'S GLAZE, GLYCERIN, CARNAUBA WAX, VITAMIN A PALMITATE, NIACINAMIDE, RED 40 LAKE, REDUCED IRON, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN), VITAMIN B_1 (THIAMIN HYDROCHLORIDE), YELLOW 5 LAKE, YELLOW 6, BLUE 2 LAKE, RED 40, BLUE 1 LAKE, YELLOW 5, FOLIC ACID, SOY LECITHIN.

CONTAINS WHEAT AND SOY INGREDIENTS.