



RF Cheetos® Mellow Puffs – .7 oz. (19.8 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	90
Calories from Fat	30
	%Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber less than 1g	4%
Sugars less than 1g	
Protein 2g	
Vitamin A	0%
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
Potassium	3,500mg 3,500mg
Total	300g 375g
Carbohydrate	
Dietary	25g 30g
Fiber	
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Whole Cornmeal, Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Sea Minerals [Calcium Carbonate, Magnesium Carbonate], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6, Yellow 5]), Artificial Color (Yellow 6), and Salt.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-21910-5
Bag UPC	0-28400-19047-3
Case Pack	72/.7 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes
Grain oz. eq.	1 oz. eq.
Weight of Grain	16.7 g
Document Updated	1/17



I verify the above information is accurate as of 1/3/17.

Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science
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Plano, TX 75024-4099



Smart Snacks Product Calculator Results

Brand:
RF Cheetos

Product Name:
Cheese Puffs

Serving Size:
19.84 g

First Ingredient:
Whole cornmeal

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 0.7 oz (about 19.84 g)

Servings Per Container

Amount Per Serving

Calories 90 Calories from Fat NA

Total Fat (g) 3.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 135

Carbohydrates

Sugars (g) 1

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.