

Product Name	Cheez-It made with Whole Grain
Flavor Descriptor	
NLI Description	FAFH - school edition - Sale Samples
Brand	SUNSHINE



Date Created	02/01/13
NLI #	09216
Kosher Status	OK-D
Product of	U.S.A.

USDA Grains/Breads servings	1			
USDA Meat/Meat Alternate (oz.)				
	Carbohydrates	Fat	Protein	Free
Diet Exchange	1	1/2		
Whole Grains (g/serving)	9			

Serving Size	1 Package				
Serving Size g	21				
Serving Size oz					
Amount Per Serving					
Calories	100				
Calories from Fat	30				
			% Daily Value*		% Daily Value*
Total Fat	3.5	g	5	%	
Saturated Fat	1	g	5	%	
Trans Fat	0	g			
Polyunsaturated Fat	1.5	g			
Monounsaturated Fat	0.5	g			
Cholesterol	<5	mg	1	%	
Sodium	150	mg	6	%	
Potassium		mg		%	
Total Carbohydrate	14	g	5	%	
Dietary Fiber	1	g	5	%	
Soluble Fiber		g			
Insoluble Fiber		g			
Sugars	0	g			
Sugar Alcohol		g			
Other Carbohydrate		g			
Protein	2	g			
Vitamin A			10	%	
Vitamin C			0	%	
Calcium			10	%	
Iron			4	%	
Vitamin D				%	
Vitamin E				%	
Vitamin K				%	
Thiamin				%	
Riboflavin				%	
Niacin				%	
Vitamin B6				%	
Folic Acid				%	
Vitamin B12				%	
Biotin				%	
Pantothenic Acid				%	
Phosphorus				%	
Iodine				%	
Magnesium				%	
Zinc				%	
Selenium				%	
Copper				%	
Manganese				%	
Chromium				%	
Molybdenum				%	

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, VITAMIN A PALMITATE, SOY LECITHIN.

ALLERGEN INFORMATION:

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Other Required Statements:

*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	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

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

Julia M. Jursinic, MS
Sr. Director, Nutrition Labeling & Regulatory Compliance
Kellogg Company

Nutrient Contents Per 100g

Calories	458	Vitamin A	3272 IU
Calories from fat	148	Vitamin C	0 mg
Total Fat	16.5 g	Calcium	540.2 mg
Saturated Fat	4.2 g	Iron	5.0 mg
Monounsaturated Fat	2.9 g	Vitamin D	0 IU
Polyunsaturated Fat	7.1 g	Vitamin E	0 IU
Trans Fat	0.2 g	Thiamin	0.50 mg
Cholesterol	12 mg	Riboflavin	0.24 mg
Sodium	748 mg	Niacin	4.6 mg
Potassium	245 mg	Vitamin B6	0.02 mg
Total Carbohydrate	66.5 g	Folic Acid	92 mcg
Dietary Fiber	5.9 g	Vitamin B12	0.0 mcg
Soluble Fiber	0.5 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	212 mg
Sugars	0.6 g	Magnesium	51 mg
Sugar Alcohols	NA g	Zinc	1.9 mg
Protein	11.6 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	2.5 %
		Ash	2.9 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 24100 79482 9	Pouch	0.75 oz (21g)	1
	Carton		
000 24100 79263 4	Case	175 ct - 0.75 oz	175