

**✔ Your product is compliant!**

For future reference and report documentation, enter the brand, product name, and then print.

Brand:

Pepperidge Farm

Product:

Whole Grain Goldfish Chedd



## Nutrition Facts

### Competitive Snack

#### Whole Grain rich item

**A whole grain is the first item on the ingredients list: The following terms denote a whole grain: Cracked wheat, crushed wheat, whole wheat flour, graham flour, entire wheat flour, bromated whole wheat flour, whole durum wheat four, the term "berries" or "groat" are also used for example wheat berries or oat groats, rolled oats or oatmeal (including old fashioned, quick cooking and instant), reconstituted whole wheat, brown rice, brown rice flour, wild rice, quinoa, millet, teff, amaranth, buckwheat or sorghum. Additional information regarding whole grains can be found at <http://www.fns.usda.gov/tn/whole-grain-resource> (see pages 6-7).**

Serving Size	0.75	<input checked="" type="checkbox"/>	Ounces
		<input type="checkbox"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	100	Calories from Fat	30
<hr/>			
Total Fat (g)	3.5		
Saturated Fat (g)	1		
Trans Fat (g)	0		
Sodium (mg)	170		
Sugars (g)	0		
<hr/>			

<input checked="" type="checkbox"/>	Elementary School	<b>Compliant</b>
<input checked="" type="checkbox"/>	Middle/High School	<b>Compliant</b>

Elementary School	Middle/High School
≤ 35% calories from fat.	≤ 35% calories from fat.
< 10% calories from saturated fat	< 10% calories from saturated fat
≤ 35% sugar by weight	≤ 35% sugar by weight
< 0.5 grams trans fat per serving	< 0.5 grams trans fat per serving
≤ 200 milligrams sodium	≤ 200 milligrams sodium
≤ 175 calories per item/container	≤ 200 calories per item/container