

**Product Name:** Nabisco 100% Whole Grain Wheat Fig Newtons  
**Manufacturer Code:** 18827284  
**Availability:** Walmart, Target, Amazon

**Allergens & Warnings:**  
**CONTAINS: WHEAT & SOY**



<b>Nutrition Facts</b>	
about 10 servings per container	
<b>Serving size 2 cookies (29g)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 12g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 1g	
Vit D 0mcg 0% • Calcium 20mg 0% Iron 0.5mg 2% • Potas 80mg 0%	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Ingredients:**

Whole Grain Wheat Flour, Figs, Sugar, Corn Syrup, Invert Sugar, Canola Oil, Soluble Corn Fiber, Palm Oil, Oat Fiber, Salt, Resistant Corn Maltodextrin, Baking Soda, Calcium Lactate, Malic Acid, Soy Lecithin, Sodium Benzoate And Sulfur Dioxide (Sulfites) Added To Preserve Freshness, Natural Flavor, Artificial Flavor.

**Product Name:** Nabisco 100% Whole Grain Wheat Fig Newtons  
**Manufacturer Code:** 18827284

 **Your product is compliant!**

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

Brand:

Product:

 Print

## Nutrition Facts

**Competitive Snack**  
**Whole Grain rich item**  
 A whole grain is not the first ingredient, but the vendor has confirmed that the product is 51% or more whole grain by weight.

Serving Size	29	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	100	Calories from Fat	15
Total Fat (g)	1.5		
Saturated Fat (g)	0		
Trans Fat (g)	0		
Sodium (mg)	95		
Sugars (g)	12		

	Elementary School	Compliant
	Middle/High School	Compliant

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