

Product Name: Nabisco Grahams Original Crackers
Manufacturer Code: 50525995
Availability: Target, Walmart, Amazon

Allergens & Warnings:
CONTAINS: WHEAT



Nutrition Facts	
about 13 servings per container	
Serving size	8 crackers (31g)
[1serving = 2 full cracker sheets]	
Amount per serving	130
Calories	
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.95mg	6%
Potassium 56mg	0%
* 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.	

Ingredients:

Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Graham Flour (Whole Grain Wheat Flour), Sugar, Vegetable Oil (Soybean And/Or Canola And/Or Palm And/Or Partially Hydrogenated Cottonseed Oil), Molasses, Leavening (Baking Soda And/Or Calcium Phosphate), Salt.

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 **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	31	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	130	Calories from Fat	31.5
Total Fat (g)	3.5		
Saturated Fat (g)	1		
Trans Fat (g)	0		
Sodium (mg)	170		
Sugars (g)	8		

	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