

Product Name: Nabisco Honey Maid Fresh Stacks Honey Graham Crackers
Manufacturer Code: 14933646
Availability: Target, Walmart, Amazon

Allergens & Warnings:
CONTAINS: WHEAT, SOY



NUTRITION FACTS	
Serving Size: 4 Squares (29g)	
Serving per container About 12	
Amount Per Serving	
4 Squares (29g)	
Calories	120mg
Calories from Fat	
% Daily Value*	
Total Fat	3 5.0%
Saturated Fat	0g 0.0%
Trans Fat	0 4.0%
Monounsaturated Fat	
Cholesterol	0g 4.0%
Sodium	150mg 6.0%
Potassium	50mg 1.0%
Total Carbohydrate	23g 8.0%
Dietary Fiber	1mg 4.0%
Sugars	8g 0.0%
Protein	2g 8.0%
Vitamin A	Calcium 0.0%
Vitamin C	Iron 4.0%
*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
Cholest	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Fiber	25g 30g

Ingredients:

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, SOYBEAN AND/OR CANOLA OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

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 **Your product is compliant!**


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

Brand:

NABISCO

Product:

HNY GRAHAM CRACKER

 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	30	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	130	Calories from Fat	25
Total Fat (g)	3		
Saturated Fat (g)	0		
Trans Fat (g)	0		
Sodium (mg)	150		
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