

Product Name: Triscuit Wheat Berry Cluster—Pumpkin Seeds/Sweet Corn Crackers
Manufacturer Code: 54195099
Availability: Target, Walmart, Amazon

Allergens & Warnings:
CONTAINS: WHEAT.



Nutrition Facts	
5 servings per container	
Serving size 1 oz (28g)	
Amount per serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1.1mg	6%
Potassium 150mg	4%
<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:

Roasted Wheat Berries (Whole Grain Wheat), Brown Rice Syrup, Pumpkin Seeds, Dried Sweet Corn, Canola Oil, Potato Flakes, Sugar, 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	1	<input checked="" type="radio"/>	Ounces
		<input type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	130	Calories from Fat	45
Total Fat (g)	5		
Saturated Fat (g)	.5		
Trans Fat (g)	0		
Sodium (mg)	180		
Sugars (g)	3		

	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