

Product Name: Van's Natural Foods—Fire Roasted Veggie Crackers
Manufacturer Code: 47800150
Availability: Target, Walmart

Allergens & Warnings:
N/A



NUTRITIONAL INFO:

Nutrition Facts
 Serving Size (30g)
 Servings Per Container 5

AMOUNT/SERVING	
Calories	Calories From Fat 40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Sugar 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

PROUDLY, OUR INGREDIENTS:

Van's Gluten Free Whole Grain Blend (Oats, Brown Rice Flour, Millet, Quinoa, Amaranth), Potato Starch, Non-GMO Expeller Pressed Sunflower and/or Safflower Oil, Brown Sugar, Rice Flour, Sesame Seeds, Salt, Poppy Seeds, Dried Onion, Dried Garlic, Yeast Extract, Sunflower Lecithin, Caraway Seeds, Mixed Tocopherols For Freshness.

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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	30	<input type="radio"/>	Ounces
		<input checked="" type="radio"/>	Grams (Use grams where available)
Servings Per Container	1		
Calories Per Serving	140	Calories from Fat	40
Total Fat (g)	4.5		
Saturated Fat (g)	0		
Trans Fat (g)	0		
Sodium (mg)	170		
Sugars (g)	3		

<input checked="" type="radio"/>	Elementary School	Compliant
<input checked="" type="radio"/>	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