

Product Name: Van's Natural Foods—Lot's of Everything Whole Grain Bkd Cracker
Manufacturer Code: 14742201
Availability: Target, Walmart

Allergens & Warnings:
N/A



AMOUNT/SERVING	
Calories 130	Calories From Fat 40
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
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 Foods Gluten Free Whole Grain Blend (Brown Rice Flour, Oats, Millet, Quinoa And Amaranth), non-GMO Expeller Pressed Sunflower And/Or Safflower Oil, Potato Starch, Brown Sugar, Rice Flour, Dried Red Bell Pepper, Dried Carrot, Sesame Seeds, Tomato Powder, Salt, Sun Dried Tomatoes, Sunflower Lecithin, Spices, Natural Flavors, 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:

VAN'S NTRL FOODS

Product:

FIRE-RSTD VEG CRCKR

 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	40
Total Fat (g)	4.5		
Saturated Fat (g)	.5		
Trans Fat (g)	0		
Sodium (mg)	130		
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