

Product Name: Wheat Thins—Original
Manufacturer Code: 12945728
Availability: Target, Walmart, Costco

Allergens & Warnings:
CONTAINS: WHEAT



NABISCO WHEAT
THINS CRACKERS
ORIGINAL 1X9.1 OZ

NUTRITION FACTS

Serving Size: 16 pieces (31g)
Serving per container About 8

Amount Per Serving

Calories 140

Calories from Fat

% Daily Value*

Total Fat 5 **6.0%**

Saturated Fat 0.5g **3.0%**

Trans Fat 0g

Monounsaturated Fat

Cholesterol 0mg **11.0%**

Sodium 200mg **9.0%**

Potassium 88mg **0.0%**

Total Carbohydrate 22g **8.0%**

Dietary Fiber 3g **11.0%**

Sugars 5g

Protein 2g

Vitamin A **0.0%** Calcium **2.0%**

Vitamin C **0.0%** Iron **4.0%**

Nutrition Facts

Ingredients: Whole Grain Wheat Flour, Canola Oil, Sugar, Cornstarch, Malt Syrup (From Corn and Barley), Salt, Refiner's Syrup, Leavening (Calcium Phosphate and Baking Soda).

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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:

WHEAT THINS - ORIGINAL

 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	140	Calories from Fat	45
Total Fat (g)	5		
Saturated Fat (g)	0.5		
Trans Fat (g)	0		
Sodium (mg)	200		
Sugars (g)	5		

<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