

Product Name: Wheat Thins—Reduced Fat
Manufacturer Code: 12958793
Availability: Target, Walmart, Costco

Allergens & Warnings:
CONTAINS: WHEAT



NABISCO WHEAT
THINS CRACKERS
REDUCED FAT 1X8.5 OZ

NUTRITION FACTS

Serving Size: 16 pieces (29g)
Serving per container About 8

Amount Per Serving

Calories 120

Calories from Fat

% Daily Value*

Total Fat 3.5 **4.0%**

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 4g

Protein 2g

Vitamin A Calcium

0.0% **2.0%**

Vitamin C Iron

0.0% **4.0%**

Ingredients: Whole Grain Wheat Flour, Sugar, Canola Oil, 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:

Product:

 Print

Nutrition Facts

Competitive Snack

Whole Grain rich item

A whole grain is the first item on the ingredients list: The following terms denote a whole grain: Cracked wheat, crushed wheat, whole wheat flour, graham flour, entire wheat flour, bromated whole wheat flour, whole durum wheat four, the term "berries" or "groat" are also used for example wheat berries or oat groats, rolled oats or oatmeal (including old fashioned, quick cooking and instant), reconstituted whole wheat, brown rice, brown rice flour, wild rice, quinoa, millet, teff, amaranth, buckwheat or sorghum. Additional information regarding whole grains can be found at <http://www.fns.usda.gov/tn/whole-grain-resource> (see pages 6-7).

| | | | |
|------------------------|-----|----------------------------------|-----------------------------------|
| Serving Size | 29 | <input type="radio"/> | Ounces |
| | | <input checked="" type="radio"/> | Grams (Use grams where available) |
| Servings Per Container | 1 | | |
| Calories Per Serving | 120 | Calories from Fat | 31.5 |
| Total Fat (g) | 3.5 | | |
| Saturated Fat (g) | .5 | | |
| Trans Fat (g) | 0 | | |
| Sodium (mg) | 200 | | |
| Sugars (g) | 4 | | |

| | | |
|---|--------------------|-----------|
|  | 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 |