

Keebler® Gripz® Chips Deluxe® Rainbow

Nutrition Facts			
Serving Size	1 Pouch (25g)		
Servings Per Container	9		
Amount Per Serving			
Calories 120	Calories from Fat 45		
% Daily Value*			
Total Fat 4.5g	7%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 95mg	4%		
Total Carbohydrate 19g	6%		
Dietary Fiber 0g	0%		
Sugars 8g			
Protein 1g			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 4%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ FOR FRESHNESS)†, SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CORNSTARCH, MOLASSES, SALT, BAKING SODA, ARTIFICIAL FLAVOR, CONFECTIONERS GLAZE, SOY LECITHIN, RED #40 LAKE, YELLOW #5, BLUE #1, YELLOW #6 LAKE, YELLOW #6, WHEY, CARNAUBA WAX. † LESS THAN 0.5g TRANS FAT PER SERVING.			
CONTAINS WHEAT, SOY AND MILK INGREDIENTS.			

NLI#04321

Keebler®

Gripz® Chips Deluxe®

Nutrition Facts			
Serving Size	1 Pouch (25g)		
Servings Per Container	9		
Amount Per Serving			
Calories 120	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 95mg	4%		
Total Carbohydrate 18g	6%		
Dietary Fiber less than 1g	2%		
Sugars 8g			
Protein 1g			
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR, MILK), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED SOYBEAN, COTTONSEED AND HYDROGENATED COTTONSEED OIL WITH TBHQ FOR FRESHNESS)†, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF MOLASSES, SALT, BAKING SODA, ARTIFICIAL FLAVOR, SOY LECITHIN.			
† LESS THAN 0.5g TRANS FAT PER SERVING.			
CONTAINS WHEAT, SOY AND MILK INGREDIENTS.			

NLI#04144

Sunshine®

Cheez-It® Nickelodeon® SpongeBob SquarePants™

Nutrition Facts			
Serving Size	30 Crackers (30g)		
Amount Per Serving			
Calories 150	Calories from Fat 60		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 2g	10%		
<i>Trans</i> Fat 0g			
Polyunsaturated Fat 3.5g			
Monounsaturated Fat 1.5g			
Cholesterol less than 5mg	1%		
Sodium 230mg	10%		
Total Carbohydrate 19g	6%		
Dietary Fiber less than 1g	2%		
Sugars 0g			
Protein 3g			
Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 6%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CONTAINS TWO PERCENT OR LESS OF SALT, PAPRIKA, LEAVENING (YEAST, BAKING SODA), PAPRIKA OLEORESIN, TURMERIC FOR COLOR, ANNATTO COLOR, SOY LECITHIN.			
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.			

NLI#05222

Sunshine®
Gripz®
Nacho Cheese

Nutrition Facts			
Serving Size	1 Pouch (25g)		
Servings Per Container	9		
Amount Per Serving			
Calories 120	Calories from Fat 45		
	% Daily Value*		
Total Fat 5g	8%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol less than 5mg	1%		
Sodium 220mg	9%		
Total Carbohydrate 16g	5%		
Dietary Fiber less than 1g	2%		
Sugars 0g			
Protein 3g			
Vitamin A 2% • Vitamin C 0% • Calcium 0% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), VEGETABLE OIL (PALM, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL WITH TBHQ FOR FRESHNESS)†, WHITE CHEDDAR AND CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), CONTAINS TWO PERCENT OR LESS OF SALT, MALTODEXTRIN, PAPRIKA, TOMATO, YEAST EXTRACT, NATURAL AND ARTIFICIAL FLAVOR, MONOSODIUM GLUTAMATE, ONION, BUTTERMILK, WHEY, YEAST, GARLIC, SPICES, CITRIC ACID, RED PEPPER, PAPRIKA OILS RESIN FOR COLOR, YELLOW #5, CELERY SEEDS, ANNATTO COLOR, YELLOW #6, YELLOW #6 LAKE, DISODIUM PHOSPHATE, LACTIC ACID, TORULA YEAST, SODIUM CASEINATE, MALIC ACID, DISODIUM INOSINATE, DISODIUM GUANYLATE, SOY LECITHIN.			
† LESS THAN 0.5g TRANS FAT PER SERVING.			
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.			

NLI#04530

Sunshine® Gripz® Cheez-It®

Nutrition Facts	
Serving Size	1 Pouch (25g)
Amount Per Serving	
Calories 120	Calories from Fat 50
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 3g	
Vitamin A 2% • Vitamin C 0% • Calcium 2% • Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	Less than 300g 375g
Dietary Fiber	Less than 25g 30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SOYBEAN AND PALM OIL WITH TBHQ FOR FRESHNESS, SKIM MILK CHEESE (SKIM MILK, WHEY PROTEIN, CHEESE CULTURES, SALT, ENZYMES, ANNATTO EXTRACT FOR COLOR), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS TWO PERCENT OR LESS OF PAPRIKA, NATURAL FLAVOR, YEAST, PAPRIKA OLEORESIN, ONION, RED PEPPER, YELLOW #5, CELERY SEED, ANNATTO COLOR, YELLOW #6, SOY LECITHIN.	
CONTAINS WHEAT, MILK AND SOY INGREDIENTS.	

NLI#05228

Keebler®
Animals Cookies
Iced

Nutrition Facts			
Serving Size	6 Cookies (30g)		
Servings Per Container	About 12		
Amount Per Serving			
Calories 140	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 1.5g	8%		
<i>Trans</i> Fat 0g			
Cholesterol 0mg	0%		
Sodium 110mg	5%		
Total Carbohydrate 22g	7%		
Dietary Fiber less than 1g	3%		
Sugars 7g			
Protein 2g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SUGAR, VEGETABLE OIL (PARTIALLY HYDROGENATED SOYBEAN OIL†, COTTONSEED OIL AND HYDROGENATED COTTONSEED OIL† WITH TBHQ AND CITRIC ACID FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF HIGH FRUCTOSE CORN SYRUP, SALT, CINNAMON, BAKING SODA, CORNSTARCH, PROPYLENE GLYCOL ALGINATE, SOY LECITHIN, COLOR ADDED.			
† LESS THAN 0.5g <i>TRANS</i> FAT PER SERVING.			
CONTAINS WHEAT AND SOY INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.			

NLI#04597

Keebler® Grahams Bug Bites®

Nutrition Facts																													
Serving Size	13 Crackers (30g)																												
Servings Per Container	About 10																												
Amount Per Serving																													
Calories	130 Calories from Fat 35																												
% Daily Value*																													
Total Fat 4g	6%																												
Saturated Fat 1.5g	8%																												
Trans Fat 0g																													
Cholesterol 0mg	0%																												
Sodium 125mg	5%																												
Total Carbohydrate 22g	7%																												
Dietary Fiber less than 1g	3%																												
Sugars 9g																													
Protein 2g																													
Vitamin A	0% • Vitamin C 0%																												
Calcium	10% • Iron 4%																												
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>																													
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 20%;"></th> <th style="width: 15%;">Calories</th> <th style="width: 15%;">2,000</th> <th style="width: 15%;">2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Sat. Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat. Fat	Less than	20g	25g	Cholesterol	Less than	300mg	300mg	Sodium	Less than	2,400mg	2,400mg	Total Carbohydrate		300g	375g	Dietary Fiber		25g	30g
	Calories	2,000	2,500																										
Total Fat	Less than	65g	80g																										
Sat. Fat	Less than	20g	25g																										
Cholesterol	Less than	300mg	300mg																										
Sodium	Less than	2,400mg	2,400mg																										
Total Carbohydrate		300g	375g																										
Dietary Fiber		25g	30g																										
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SUGAR, WHOLE WHEAT (GRAHAM) FLOUR, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED OIL, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, HYDROGENATED COTTONSEED OIL, TBHQ AND CITRIC ACID FOR FRESHNESS), HONEY, HIGH FRUCTOSE CORN SYRUP, CALCIUM CARBONATE, SALT, BAKING SODA, CINNAMON, MALTODEXTRIN, SOY LECITHIN.																													
CONTAINS WHEAT AND SOY INGREDIENTS.																													

NLI#03184

Keebler®
Grahams Crackers
Cinnamon

Nutrition Facts

Serving Size 8 Crackers (30g)
4 Crackers = 1 Full Cracker Sheet

Amount Per Serving

Calories 130 Calories from Fat 35

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 23g **8%**

Dietary Fiber 1g **4%**

Sugars 8g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), SUGAR, GRAHAM FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL AND COTTONSEED OIL† WITH TBHQ FOR FRESHNESS, CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, CINNAMON, DEXTROSE, SOY LECITHIN.

† LESS THAN 0.5g *TRANS* FAT PER SERVING.

CONTAINS WHEAT AND SOY INGREDIENTS.

NLI#05631

Keebler®
Grahams
Honey

Nutrition Facts

Serving Size 8 Crackers (31g)
4 Crackers = 1 Full Cracker Sheet
Servings Per Container About 14

Amount Per Serving

Calories 140 **Calories from Fat** 35

% Daily Value*

Total Fat 4g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Sugars 7g	
Protein 2g	

Vitamin A 0% • Vitamin C 0%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories 2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), SUGAR, COTTONSEED AND PARTIALLY HYDROGENATED SOYBEAN OIL WITH TBHQ FOR FRESHNESS, WHOLE WHEAT (GRAHAM) FLOUR, MOLASSES, HONEY, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, SALT, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS WHEAT AND SOY INGREDIENTS.

NLI#02231

Keebler®

Scooby-Doo!™ Graham Cracker Sticks
Cinnamon

Nutrition Facts	
Serving Size	9 Crackers (29g)
Servings Per Container	About 10
Amount Per Serving	
Calories	130 Calories from Fat 35
% Daily Value*	
Total Fat	4g 6%
Saturated Fat	0.5g 3%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	120mg 5%
Total Carbohydrate	21g 7%
Dietary Fiber	less than 1g 3%
Sugars	8g
Protein	2g
Vitamin A	0% • Vitamin C 0%
Calcium	10% • Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIA-CIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SUGAR, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: COTTONSEED OIL, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL, HYDROGENATED COTTONSEED OIL, TBHQ AND CITRIC ACID FOR FRESHNESS), WHOLE WHEAT (GRAHAM) FLOUR, HONEY, HIGH FRUCTOSE CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF CALCIUM CARBONATE, SALT, BAKING SODA, CINNAMON, MALTODEXTRIN, SOY LECITHIN.	
CONTAINS WHEAT AND SOY INGREDIENTS.	

NLI#02940

Kellogg's™

Disney Princess Fruit Flavored Snacks

Nutrition Facts	
Serving Size 1 Pouch (25g)	
Amount Per Serving	
Calories	80
Calories from Fat	0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 13g	
Protein 1g	
Vitamin A	0%
Vitamin C	100%
Calcium	0%
Iron	0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat. Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	
INGREDIENTS: CORN SYRUP, SUGAR, APPLE PUREE CONCENTRATE, WATER, MODIFIED CORN STARCH, GELATIN, CONTAINS TWO PERCENT OR LESS OF CITRIC ACID, ASCORBIC ACID (VITAMIN C), NATURAL AND ARTIFICIAL FLAVOR, COCONUT OIL, CARNAUBA WAX, RED #40, YELLOW #5, SODIUM CITRATE, BLUE #1.	

Exchange: 1 Carbohydrate
 The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#05267