

Product Name	Cheez It made with 9g Whole Grain
Flavor Descriptor	
NLI Description	School Edition - production
Brand	SUNSHINE



Date Created	06/05/13
NLI #	09685
Kosher Status	OK-D
Product of	U.S.A.

USDA Ounce Equivalents of Grain per Serving	1		
USDA Ounce Equivalents of Meat/Meat Alternate			
	Carbohydrates	Fat	Protein
Diet Exchange	1	1/2	
Whole Grains (g/serving)	9		

Serving Size	1 Pouch	
Serving Size g	21	
Serving Size oz		
Amount Per Serving		
Calories	100	
Calories from Fat	30	
	% Daily Value*	% Daily Value*
Total Fat	3.5 g 5 %	
Saturated Fat	1 g 5 %	
Trans Fat	0 g	
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	<5 mg 1 %	
Sodium	150 mg 6 %	
Potassium	mg %	
Total Carbohydrate	14 g 5 %	
Dietary Fiber	1 g 5 %	
Soluble Fiber	g	
Insoluble Fiber	g	
Sugars	0 g	
Sugar Alcohol	g	
Other Carbohydrate	g	
Protein	2 g %	
Vitamin A	10 %	
Vitamin C	0 %	
Calcium	10 %	
Iron	4 %	
Vitamin D	%	
Vitamin E	%	
Vitamin K	%	
Thiamin	%	
Riboflavin	%	
Niacin	%	
Vitamin B6	%	
Folic Acid	%	
Vitamin B12	%	
Biotin	%	
Pantothenic Acid	%	
Phosphorus	%	
Iodine	%	
Magnesium	%	
Zinc	%	
Selenium	%	
Copper	%	
Manganese	%	
Chromium	%	
Molybdenum	%	

**Ingredients:**  
 WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 [THIAMIN MONONITRATE], VITAMIN B2 [RIBOFLAVIN], FOLIC ACID), WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CONTAINS TWO PERCENT OR LESS OF SALT, CALCIUM CARBONATE, PAPRIKA, YEAST, PAPRIKA OLEORESIN FOR COLOR, TURMERIC EXTRACT FOR COLOR, ANNATTO EXTRACT FOR COLOR, BHT FOR FRESHNESS, VITAMIN A PALMITATE, SOY LECITHIN.

**ALLERGEN INFORMATION:**  
 CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

**Other Required Statements:**

\*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	Print value if "Y"
Total Fat	Less than	65g	80g	Y
Sat. Fat	Less than	20g	25g	Y
Cholesterol	Less than	300mg	300mg	Y
Sodium	Less than	2,400mg	2,400mg	Y
Potassium		3,500mg	3,500mg	
Total Carbohydrate		300g	375g	Y
Dietary Fiber		25g	30g	Y
Protein		50g	65g	

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Nutrient Contents Per 100g			
Calories	456	Vitamin A	3292 IU
Calories from fat	145	Vitamin C	0 mg
Total Fat	16.1 g	Calcium	543.5 mg
Saturated Fat	4.2 g	Iron	5.1 mg
Monounsaturated Fat	2.7 g	Vitamin D	0 IU
Polyunsaturated Fat	6.8 g	Vitamin E	0 IU
Trans Fat	0.2 g	Thiamin	0.50 mg
Cholesterol	12 mg	Riboflavin	0.24 mg
Sodium	718 mg	Niacin	4.7 mg
Potassium	247 mg	Vitamin B6	0.02 mg
Total Carbohydrate	66.9 g	Folic Acid	93 mcg
Dietary Fiber	5.9 g	Vitamin B12	0.0 mcg
Soluble Fiber	0.5 g	Pantothenic Acid	NA mg
Insoluble Fiber	0.7 g	Phosphorus	213 mg
Sugars	0.6 g	Magnesium	51 mg
Sugar Alcohols	NA g	Zinc	1.9 mg
Protein	11.7 g	Copper	NA mg
NA = Database values for the nutrient do not exist or are incomplete.		Manganese	NA mg
		Selenium	NA mcg
		Moisture	2.5 %
		Ash	2.8 %

GTIN/UPC Code	Type of Package	Net Weight	Servings Per Container
000 24100 79263 4	Case	175 - 0.75 oz pkgs	175
000 24100 79482 9	Pouch	0.75 oz (21g)	1

*Julia Jursinic*  
 Julia M. Jursinic, MS  
 Sr. Director, Nutrition Labeling & Regulatory Compliance  
 Kellogg Company