

Nutrition Facts

Serving Size 10 crackers
Servings Per Container 11

Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Values*	
Total Fat 5g	8%
Saturated Fat 2g	6%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 2g	4%
Calcium 2%	Iron 2%
Vitamin A 2%	Vitamin C 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.

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SOYBEAN OIL, SUGAR, **PARTIALLY HYDROGENATED VEGETABLE OIL**, LEAVING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.
CONTAINS: WHEAT, SOY

Red-Flag Ingredients to Look For:

- **Trans Fat:**
 - partially hydrogenated oil
 - hydrogenated oil
- **Saturated Fat:**
 - butter
 - lard
 - coconut oil
 - kernel oil
 - palm olein
 - cocoa butter
 - margarine
 - vegetable shortening
 - palm oil
 - palm kernel
 - fully hydrogenated oil

“Good Fats” Ingredients to Look For:

Monounsaturated and Polyunsaturated Fats:

- canola oil
- vegetable oil
- sunflower oil
- corn oil
- walnuts, almonds, hazelnuts, peanuts, pecans, pine nuts
- high-oleic sunflower oil
- expeller-pressed olive oil
- olive oil
- high oleic-canola oil

SPOT THE FATS: DO YOU KNOW WHAT TO LOOK FOR?

Use these tips to help you spot bad fats (and good fats) on food packages.

Total Fat – Bad Fat = Good Fats

(Saturated & Trans) (Monounsaturated & Polyunsaturated)

Some nutrition labels will display the good fats information, but it is not a federal requirement on the label, so it won't always be on the label. When this happens, you can still determine the good fats on a nutrition label by subtracting the bad fats from the total fat.

Front-of-Package Labeling to Look For:

“0 grams of trans fats.”

Nutrition Facts labels can say a food contains “0 grams of trans fat,” as long as the product contains <0.5 grams of trans fats per serving. This means that a product can still contain trace amounts of trans fat, even if the label says “0 g.” So, if you eat more than one serving of that food, you could be consuming larger amounts of trans fats than the labels suggest. Always check the ingredients list for red-flag ingredients, such as “partially hydrogenated oil.”

“Provides X grams of omega-3 fatty acids.”

Look for packaging claims outside the nutrition label that indicate good fats have replaced bad fats, such as “contains X grams of omega-3s.”

“Reduced-fat,” “low-fat,” or “fat-free.”

These terms do not equal healthier. Reduced-fat or fat-free products often have sugar added to them to make them taste better. Always compare the nutrition labels of products to help you make the best decision.