

Product Name	Cheez It made with 9g whole grain Atomic Cheddar
Flavor Descriptor	
NLI Description	Production. 2nd NLI written
Brand	Sunshine



Date Created	04/04/16
NLI #	12817
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	Free
Diet Exchange	1	0.5		
Whole Grains (g/serving)	9 g			

Serving Size	1 Pouch	
Serving Size g	21	
Serving Size oz		
Amount Per Serving		
Calories	100	
Calories from Fat	30	
		% 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	0 mg	0 %
Sodium	200 mg	8 %
Potassium		%
Total Carbohydrate	14 g	5 %
Dietary Fiber	1 g	5 %
Soluble Fiber		
Insoluble Fiber		
Sugars	0 g	
Sugar Alcohol		
Other Carbohydrate		
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), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, WHITE CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CONTAINS TWO PERCENT OR LESS OF LEAVENING (CALCIUM CARBONATE, DICALCIUM PHOSPHATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, BAKING SODA), RED PEPPER, DEXTROSE, TORULA YEAST, MALTODEXTRIN, ONION POWDER, PAPRIKA, TOMATO POWDER, YEAST, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVORS, SODIUM DIACETATE, GARLIC POWDER, PEPPER SAUCE (JALAPENO PEPPERS, WATER, DISTILLED VINEGAR, SALT, CORN STARCH), PAPRIKA OLEORESIN FOR COLOR, SPICES, CITRIC ACID, VINEGAR SOLIDS, CALCIUM STEARATE, TURMERIC EXTRACT FOR COLOR, VITAMIN A PALMITATE, PAPRIKA EXTRACT, ANNATTO EXTRACT FOR COLOR, DISODIUM GUANYLATE, DISODIUM INOSINATE, CORNSTARCH, 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				

Product information can change at any time.
Always refer to product package for current nutrition and ingredient information.


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

Nutrient Contents Per 100g			
Calories	461	Vitamin D	0 IU
Calories from fat	153	Vitamin E	0 IU
Total Fat	17.0 g	Vitamin K	
Saturated Fat	3.9 g	Thiamin	0.50 mg
Polyunsaturated Fat	8.1 g	Riboflavin	0.25 mg
Monounsaturated Fat	3.3 g	Niacin	4.5 mg
Trans Fat	0.3 g	Vitamin B6	0.04 mg
Cholesterol	8 mg	Folic Acid	82 mcg
Sodium	930 mg	Vitamin B12	0.0 mcg
Potassium	254 mg	Biotin	
Total Carbohydrate	66.1 g	Pantothenic Acid	NA mg
Dietary Fiber	6.2 g	Phosphorus	224 mg
Soluble Fiber	0.4 g	Iodine	
Insoluble Fiber	0.7 g	Magnesium	53 mg
Sugars	1.4 g	Zinc	1.8 mg
Sugar Alcohols	NA g	Selenium	NA mcg
Protein	11.5 g	Copper	NA mg
Vitamin A	2381 IU	Manganese	NA mg
Vitamin C	1 mg	Chromium	
Calcium	510.9 mg	Molybdenum	
Iron	4.9 mg	Moisture	2.5 %
NA = values do not exist or are incomplete.		Ash	2.9 %
GTIN/UPC Code	Type of Package	Net Weight	Servings/ Container
00024100102389	Case	175 ct - 0.75 oz pkg	175
00024100103003	Pouch	0.75 oz (21g)	1