



# MJM Honey Graham-2g Fiber

Nutritional Statement

MJM #300151

Smart Snack Approved

## Nutrition Facts

1 servings per container	
<b>Serving size</b>	<b>(28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	10%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 2mg	10%
Potassium 53mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ 2g Fiber
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Sesame
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ Kosher
- ◆ 1 oz. Grain Equivalent

Whole Grain (g)	10.67
	59%
Total Grain (g)	18.06
(Derived from wheat)	

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains 2% Or Less Of: Oat Fiber, Honey, Salt, Sodium Bicarbonate, Molasses, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin As Carrier), Extract Of Annatto.

Contains Wheat

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830300156	28 g/1 oz	150/3	8 x 14 HI	23 x 10 x 6	0.55	11 lbs	9.38 lb

Each package of this product meets USDA requirements for a 1 oz. GRAIN

Product Formulation Statement for Grains						
Creditable Grain	Grams of Grain	Gram Standard	Amount	Creditable Amount		
Whole Wheat Flour	10.67	16	0.67	0.67		
Enriched Flour	7.39	16	0.46	0.46		
<b>Total Creditable Grain Amount</b>				<b>1</b>		
Non-Creditable Grains (Not Included in totals above)			0.57g			
Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent per SP 30-2012	Total Creditable Amount	Exhibit Group Product Belongs to	Total Weight of Product per Portion as Purchased	Total Contribution per Portion
Graham	28g	28g	1	Group B	28g	1 oz. equivalent

MJM products are produced in a nut-free & peanut-free facility. MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

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Vice President  
MJM Marketing

**HUSSC GOLD STANDARD APPROVED**

MJM 300151 Honey Graham-2g Fiber 150cs/3pk

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