

Nabisco
Honey Maid Graham Crackers

Nutrition Facts

Serving Size 3 crackers (21 g)

Amount Per Serving
Calories 90

% Daily Values*	
Total Fat	2.00g 3%
Saturated Fat	0.000g 0%
Trans Fat	0.000g
Cholesterol	0mg 0%
Sodium	125mg 5%
Total Carbohydrate	17.00g 6%
Dietary Fiber	0.0g 0%
Sugars	5.00g
Protein	1.00g
Vitamin D	-
Calcium	-
Iron	-
Potassium	25mg 1%

* The % Daily Value (DV) 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.

Is this information inaccurate or incomplete?
Click [here](#) to edit.

Last updated: 13 Nov 10 09:19 PM
Source: FatSecret Platform API

4% of RDI*
(90 calories)

Calorie Breakdown:
Carbohydrate (76%)
Fat (20%)
Protein (4%)

* Based on a RDI of 2000 calories
What is my Recommended Daily Intake (RDI)?

Photos

+
Submit
Photo

Important information

Ingredients
GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, SOYBEAN AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, MOLASSES, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, WHEAT STARCH. CONTAINS: WHEAT.

Nutrition summary:

Calories 90	Fat 2g	Carbs 17g	Protein 1g
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There are 90 calories in 3 crackers (21 g) of Nabisco Honey Maid Graham Crackers.
Calorie breakdown: 20% fat, 76% carbs, 4% protein.

Related Crackers from Nabisco:

- Barnum's Animal Crackers (Package)
 - Wheat Thins Crackers - Sundried Tomato & Basil (Package)
 - Even Thinner Wheat Thins
 - Wheat Thins Toasted Pita
 - Chicken Biscuit Crackers
 - Ritz Original Crackers
- [find more nabisco crackers products](#)

More Products from Nabisco:

- Oreo Cakesters
- Gluten Free Double Stuff Oreo
- Carrot Cake Oreos
- 100% Whole Grain Wheat Fig Newton
- Gluten Free Oreo



Serving Size	1/4 Cup
Serving Size g	28
Serving Size oz	
Amount Per Serving	

INGREDIENT INFORMATION:

Ingredients: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], vitamin B6 [pyridoxine hydrochloride], vitamin E [d-alpha-tocopherol]), molasses, honey, corn syrup, contains 2% or less of leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), salt.

ALLERGEN INFORMATION:

CONTAINS WHEAT AND SOY INGREDIENTS.

GTIN/UPC Code	C	B		C	B
100 30100 15347 1					
000 30100 15347 4					
100 30100 16154 4					
000 30100 16154 7					

Nutrient Contents Per 100g				
Calories	412		Vitamin E	0 mg
Total Fat	10.5 g		Vitamin K	NA mcg
Saturated Fat	1.5 g		Thiamin	0.42 mg
Trans Fat	0 g		Riboflavin	0.2 mg
Polysaturated Fat	6 g		Niacin (NE)	5.1 mg
Monounsaturated Fat	2.5 g		Vitamin B6	0 mg
Cholesterol	0 mg		Folate (DFE)	107 mcg
Sodium	420 mg		Folic Acid	55 mcg
Total Carbohydrate	77.3 g		Vitamin B12	0 mcg
Dietary Fiber	4.6 g		Biotin	NA mcg
Soluble Fiber	0.8 g		Pantothenic Acid	NA mg

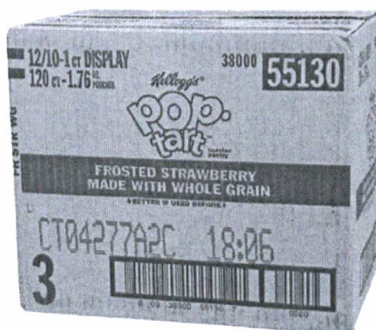


Pop-Tarts® Made With Whole Grain Frosted Strawberry, Single Pack

#38000-55130

1.69 oz. / 120 ct.

Product & Case Images



Product Features

Whenever you crave a sweet, quick and tasty anytime snack, Kellogg's Pop-Tarts Made with Whole Grain toaster pastries are your go-to choice; Ideal for school breakfast because One Toaster Pastry equals one ounce equivalents of grain. Pop-Tarts Made with Whole Grain toaster pastries in 1-count pouches, packed in 10 count display trays; Jump-start the day with a strawberry-flavored filling encased in a pastry crust and topped with frosting and rainbow sprinkles. Good source of 7 vitamins and minerals, good source of fiber.

Case Specifications

GTIN # 00038000551307

Case Ct. 1.69 oz. / 120 ct.

Case Dimensions 13.31"L x 9.31"W x 11.37"H

Case Cube 0.82 CF

Case Gross Wt. 14.9 LB.

Case Net Wt. 12.69 LB.

Cases/Pallet 60

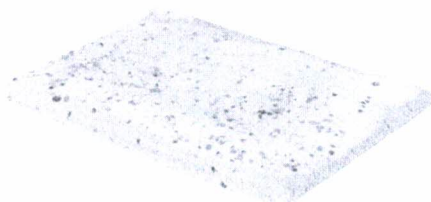
Pallet Configuration 15x4 (48.96 CF)

Shelf Life 365 Days

Preparation Instructions

Ready to eat out of the package, or place package into a warming unit to serve warm.

Food Image



Kellogg's

1

Oz. Grain
Equivalency



Buy American
Compliant

SS

Smart Snacks
Compliant



No HFCS



Made with Colors
& Flavors from
Natural Sources



Not Kosher

Nutrition Facts

10 servings per container

Serving size 1 Pastry (48g)

Amount per serving

Calories 170

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 180mg **8%**

Total Carbohydrate 36g **13%**

Dietary Fiber 3g **10%**

Total Sugars 14g

Includes 14g Added Sugars **28%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 130mg 10%

Iron 1.8mg 10% • Potassium 50mg 0%

Vitamin A 10% • Thiamin 10%

Riboflavin 10% • Niacin 10%

Vitamin B₆ 10%

* The % Daily Value (DV) 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.

Ingredients

Whole wheat flour, sugar, corn syrup, enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), dextrose, soybean and palm oil, bleached wheat flour, polydextrose, glycerin. Contains 2% or less of fructose, wheat starch, calcium carbonate, salt, leavening (sodium acid pyrophosphate, baking soda), vegetable juice for color, dried pears, dried apples, dried strawberries, sodium stearoyl lactylate, citric acid, modified wheat starch, DATEM, cornstarch, gelatin, xanthan gum, brown rice syrup, paprika extract color, soy lecithin, vitamin A palmitate, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride).

Allergen Information

SOYBEANS OR SOYBEAN DERIVATIVES, WHEAT OR WHEAT DERIVATIVES.

Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Strawberry

Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Strawberry

Product Type
Grab 'N Go Pop-Tarts

Product Category

UPC Code
3800055133

Servings/Case
72 ct

Sizes
3.52 oz

Format
Single Serve

Gross Weight
18.12

Allergen Information
CONTAINS WHEAT AND SOY
INGREDIENTS.

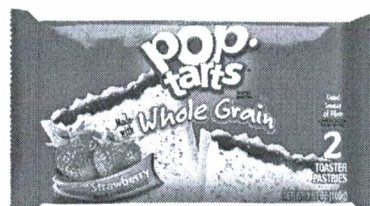
Dietary Exchange Per Serving
5 Carbohydrates, 1 Fat

Kosher Status
Not Certified

Grain Ounce Equivalents
2.25

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA



Date Printed: 04/25/2018

Kellogg's®
Pop-Tarts®

Whole Grain Frosted Strawberry

Nutrition Facts	
Serving Size	1 Pouch (100g)
Amount Per Serving	
Calories 360	Calories from Fat 50
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 75g	25%
Dietary Fiber 6g	23%
Sugars 29g	
Protein 4g	
Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20%	
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 20%	
* Percent Daily Values are based on a  Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000
Total Fat	Less than 65g
Sat. Fat	Less than 20g
Cholesterol	Less than 300mg
Sodium	Less than 2,400mg
Total Carbohydrate	Less than 300g
Dietary Fiber	25g
INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), SODIUM STEAROYL LACTYLATE, CITRIC ACID, MODIFIED WHEAT STARCH, DATEM, GELATIN, YELLOW CORN FLOUR, PALM OIL, CARAMEL COLOR, XANTHAN GUM, CORNSTARCH, TURMERIC EXTRACT COLOR, STRAWBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, YELLOW 6, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), BLUE 1, COLOR ADDED.	
CONTAINS WHEAT AND SOY INGREDIENTS.	

NLI#14049

Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Cinnamon

Your favorite low fat Pop-Tarts toaster pastries have just gotten even better - now they have 1/2 a serving of whole grain and a good source of fiber! Plus, these delicious Pop-Tarts also have a good source of calcium and contain no high fructose corn syrup.

Product Type
Grab 'N Go Pop-Tarts

Product Category

UPC Code
3800055125

Servings/Case
72 ct

Sizes
3.52 oz

Format
Single Serve

Gross Weight
18.12

Allergen Information
CONTAINS WHEAT AND SOY
INGREDIENTS.

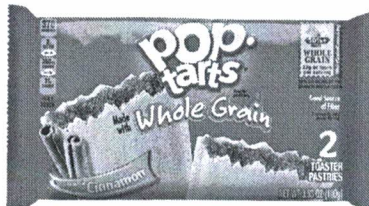
Dietary Exchange Per Serving
5 Carbohydrates, 1 Fat, 1 Protein

Kosher Status
Not Certified

Grain Ounce Equivalents
2.5

Shelf Life
365 days (12 months)

Country of Origin
Distributed in USA



Date Printed: 04/25/2018

Kellogg's® Pop-Tarts® Whole Grain Frosted Cinnamon

Nutrition Facts	
Serving Size	1 Pouch (100g)
Amount Per Serving	
Calories 370	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 76g	25%
Dietary Fiber 6g	23%
Sugars 31g	
Protein 5g	
Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20%	
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B ₆ 20%	
* 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: WHOLE WHEAT FLOUR, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B ₆ [THIAMIN MONONITRATE], VITAMIN B ₂ [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), BLEACHED WHEAT FLOUR, POLYDEXTROSE, GLYCERIN, CONTAINS TWO PERCENT OR LESS OF MALTODEXTRIN, MOLASSES, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), WHEAT STARCH, CINNAMON, SODIUM STEAROYL LACTYLATE, DATEM, GELATIN, CARAMEL COLOR, XANTHAN GUM, VITAMIN A PALMITATE, NIACINAMIDE, REDUCED IRON, VITAMIN B ₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B ₂ (RIBOFLAVIN), VITAMIN B ₃ (THIAMIN HYDROCHLORIDE), SOY LECITHIN.	
CONTAINS WHEAT AND SOY INGREDIENTS.	

NLI#14647





2ct package / 500ct case

Nutrition Facts

150 serving per container
Serving size 4 crackers (10g/2 packages)

Amount Per Serving

Calories 50

% Daily Value *

Total Fat 1.5g 2 %

Saturated Fat 0g 2 %

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0 %

Sodium 170mg 7 %

Total Carbohydrate 10g 3 %

Dietary Fiber 1g 4 %

Total Sugars 0g

Includes 0g Added Sugars 0 %

Protein 1g

Vitamin D 0mg 0 %

Calcium 0mg 0 %

Iron 0.5mg 2 %

Potassium 0mg 0 %

*Percent Daily Values are based on a 

†Percent Daily Values are based on a 

†Percent Daily Values are based on a 

Product Specifications:

Code	GTIN	Pack	Pack Description	Serving/Case
803206	00076410900568	500 X 6.5 GR	500 X 2 PK	250

Brand	Brand Owner	GPC Description
LANCE	S-L National LLC	Biscuits/Cookies (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.8 LB	6.25 LB	USA	Yes OU Dairy	No

Shipping Information

Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
13.313 IN	12 IN	10.875 IN	1.005 CF	12x6	112 Days	60 FA / 70 FA

Ingredients :

Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (contains one or more of the following: Canola Oil, Corn Oil, Palm Oil, Soybean Oil), Salt, Sodium Bicarbonate (Leavening), Malted Barley Flour, Yeast. CONTAINS WHEAT.

Allergens (C='Contains' MC='May Contain' N='None'):

Eggs -	Milk -	Peanuts -
Soy -	Wheat - C	TreeNuts -
Fish -	Crustacean -	Nuts -

Handling Suggestions :

To be stored in a cool, dry place with recommended temperature not to exceed 70F and relative humidity less than 60%.

Benefits :

51% whole grain. Portion controlled serving size, 1 serving (2 pkg) meets .5 ounce equivalent of grains and 3 packages (6 crackers) meet 1.0 ounce equivalent of grains. No preservatives. No high fructose corn syrup, 0g trans fats, cholesterol free.

6 PKg 2 grain

Serving Suggestions :

Great as a snack or side for restaurants, hotels, colleges, stadiums, clubs, bars, etc. Perfect for use with soup/salad bars or in cracker baskets.

Prep & Cooking Suggestions :

Ready to serve and enjoy!

More Information :

Please contact your Snyder's-Lance sales representative or call our Customer Service Department at 1-888-722-1163 ext. 8313.



CRUNCH & CRAVE ORIGINAL - 1.6 oz /100 ct

MANUFACTURER'S PRODUCT CODE: 2049192

Nutrition Facts

Serving Size 1 Bag(45g)

Serving Per Container 1

Amount Per Serving

Calories 190 Calories from Fat 60

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrates 30g 11%

Dietary Fiber 4g 14%

Sugars 5g

Protein 4g

Vitamin A 0%

Vitamin C 0%

Calcium 6%

Iron 8%

* Percent Daily Values are based on a 2000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories	2000	2700
Total Fat	Less than	120g	150g
Saturated Fat	Less than	25g	65g
Cholesterol	Less than	30mg	70mg
Sodium	Less than	10mg	15mg
Potassium	Less than	0mg	0mg
Total Carbohydrate	Less than	200g	270g
Dietary Fiber		30g	75g

Storage/ Handling:

Storage at ambient temperature will give 6 months shelf life.

Preparation Instruction:

Ingredients:

Whole Wheat Flour, Canola Oil, Sugar, Corn Starch, Contains 2% or less of the Following: Cane Molasses, Baking Soda, Monocalcium Phosphate (Leavening), Salt, Enzymes.

Allergen Information:

Contains: Wheat

Kosher Type:

OU - DAIRY

Child Nutrition Statement:

The listed serving size provides 2 bread/grain servings based on Group A in the Food Buying Guide oz. eq. serving size exhibit.

Product Specifications:

UPC	SCC/GTIN	Case	Pack
073321491925	10073321491922	100	1

Case Dimensions					
Case Length	Case Width	Case Height	Case Cube	Net Weight (Lbs)	Gross Weight (Lbs)
23.438	12.851	12	2.0917	10	11.12

Pallet Dimensions		
Pallet Tier	Pallet High	Pallet Count
6	5	30

I certify that the nutritional information contained on this page is true and correct to the best of my knowledge.



01/27/2021

J&J Snack Foods Corp.

6000 Central Highway, Pennsauken, NJ 08109

(800) 486-9533 x6140 • www.jjsnack.com



QUAKER® OLD FASHIONED OATS – 42 oz.

Nutrition Facts

Serving Size 1/2 cup dry (40 g)
Servings Per Container see table

Amount Per Serving		
	Cereal Alone	With one cup of Vit. A & D fortified skim milk
Calories	150	190
Calories from Fat	25	25
% Daily Value**		
Total Fat 3g*	4%	5%
Saturated Fat 0.5g	3%	2%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	0%
Sodium 0mg	0%	4%
Total Carbohydrate 27g	9%	13%
Dietary Fiber 4g	15%	15%
Soluble Fiber 2g		
Sugars 1g		
Protein 5g	6%	22%
Vitamin A	0%	8%
Vitamin C	0%	0%
Calcium	0%	30%
Iron	10%	10%
Vitamin D	0%	25%
Thiamin	10%	20%
Phosphorus	15%	40%
Magnesium	10%	15%

**Amount in Cereal. One half cup skim milk contributes an additional 40 calories, 65mg Sodium, 6g Total Carbohydrate (6g Sugars), and 4g Protein.

**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: WHOLE GRAIN ROLLED OATS.

Case UPC	100-30000-43293-5
Package UPC	0-30000-43293-8
Case Pack	12/42 oz.
Kosher Status	Yes – Pareve
Grains – oz. eq.	1.25
Weight of Grain	40 g
Document Updated	2/16

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information

104-1-L02 Label Version: 18

Quaker Quick 5-Minute Grits Enriched White Hominy Corn 5 LBS (80 Oz)

GTIN: 00030000043707 | UPC: 030000043707
NET CONTENT: 2.26 Kilogram | PRODUCT ID:

Quaker Original Quick Grits cook in just 5 minutes. We know you want to give your family the very best. Breakfast is a time-honored tradition, so don't forget the grits!



FEATURES & BENEFITS

- Cooks in about 5 minutes
- Smooth & Creamy

NUTRITIONAL CLAIMS

- Cooks In About 5 Minutes
- Enriched White Hominy Corn
- Smooth & Creamy Texture

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.103 Cubic foot
Minimum Life Span (days)	
From Arrival:	From Production: 270
Storage & Handling Temperature	
Minimum:	Maximum:
Origin	
Region:	Country: US

INGREDIENTS: DEGERMINATED WHITE CORN GRITS, NIACINAMIDE*, REDUCED IRON, THIAMIN MONONITRATE*, RIBOFLAVIN*, FOLIC ACID*, *ONE OF THE B VITAMINS

Nutrition Facts	
About 61 servings per container	
Serving Size	1/4 Cup (37g)
Amount Per Serving	
Calories	130
% Daily Value	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 29g	11%
Dietary Fiber 2g	6%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg 0%	Calcium 0mg 0%
Iron 1.7mg 8%	Potassium 50mg 0%
*The % Daily Value (DV) 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.	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000043787	Pallet	50	49 x 40 x 44 Inches	2000 Pound	2025 Pound	10 x 5
00030000043783	Case	8	8.75 x 10.8 x 16.4 Inches	40 Pound	40.5 Pound	10 x 5
00030000043707	Each	1	7.5 x 5.5 x 4.31 Inches	5 Pound	5 Pound	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
30030000043784	Pallet	50	49 x 37 x 48 Inches	2000 Pound	2070 Pound	10 x 5
00030000043783	Case	8	8.75 x 10.8 x 16.4 Inches	40 Pound	40.5 Pound	10 x 5
Additional information not displayed						

