



NUTRITION OUTPUT FORM

ITEM NUMBER: 04911

ITEM DESCRIPTION: 1.0OZ CHOCOLATE CHIP BENEFIT REDUCED FAT COOKIES WITH 51% WHOLE GRAIN - 384 CT

Nutrition Facts	
1 serving per container	
Serving size	1 cookie (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 50mg	2%
*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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	365.824
Calories from SatFat (kcal)	34.419
Protein (g)	5.850
Carbohydrates (g)	65.270
Dietary Fiber (2016) (g)	6.632
Total Sugars (g)	31.765
Added Sugar (g)	30.487
Fat (g)	11.102
Saturated Fat (g)	3.824
Mono Fat (g)	4.266
Poly Fat (g)	1.872
Trans Fatty Acid (g)	0.102
Cholesterol (mg)	36.159
Water (g)	15.612
Ash (g)	1.235
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.034
Vitamin D - IU (IU)	6.510
Vitamin D - mcg (mcg)	0.164
Minerals	
Calcium (mg)	43.050
Iron (mg)	2.924
Potassium (mg)	169.962
Sodium (mg)	330.061

INGREDIENTS: WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO AND DIGLYCERIDES), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER, SOY LECITHIN, SALT, VANILLIN [ARTIFICIAL FLAVOR]), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), WHEAT STARCH-MODIFIED, CONTAINS 2% OR LESS OF THE FOLLOWING: INULIN, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), WATER, NATURAL FLAVOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

PROCESSED IN A FACILITY THAT PROCESSES NUTS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

LAST MODIFIED: 11.04.22

MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: 0

**Smart Snacks
Product Calculator Results**

Brand:
Benefit J&J Snacks

Product Name:
Chocolate Chip Cookie 1oz.

Serving Size:
28.00 g

First Ingredient:
Wheat Flour Blend

Your whole grain product meets all nutrient
standards for entrees or snack foods.

Nutrition Facts

Serving Size 28.00 g 

Servings Per Container

Amount Per Serving

Calories 100

Total Fat (g) 3

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 95

Carbohydrates

Total Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.



NUTRITION OUTPUT FORM

ITEM NUMBER: 04914

ITEM DESCRIPTION: BeneFIT Double Chocolate Cookie Dough Whole Grain 1oz

Nutrition Facts	
384 servings per container	
Serving size	1 cookie (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	6%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 100mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0.1mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 90mg	2%
*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.	

INGREDIENTS: WHEAT FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO AND DIGLYCERIDES), CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), COCOA (PROCESSED WITH ALKALI), CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), INULIN, CONTAINS 2% OR LESS OF THE FOLLOWING: WATER, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), NATURAL FLAVOR, SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

PROCESSED IN A FACILITY THAT PROCESSES NUTS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	361.68
Calories from SatFat (kcal)	36.11
Protein (g)	6.29
Carbohydrates (g)	61.68
Dietary Fiber (2016) (g)	5.72
Total Sugars (g)	33.42
Added Sugar (g)	32.34
Fat (g)	11.24
Saturated Fat (g)	4.01
Mono Fat (g)	3.95
Poly Fat (g)	1.72
Trans Fatty Acid (g)	0.10
Cholesterol (mg)	44.89
Water (g)	16.59
Ash (g)	1.22
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.02
Vitamin D - IU (IU)	7.63
Vitamin D - mcg (mcg)	0.19
Minerals	
Calcium (mg)	41.47
Iron (mg)	3.49
Potassium (mg)	318.00
Sodium (mg)	358.53

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Smart Snacks Product Calculator Results

Brand:

Benefit J&J Snacks

Product Name:

Dbl. Chocolate Cookie 1oz

Serving Size:

28.00 g

First Ingredient:

Whole Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Total Fat (g) 3

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 100

Carbohydrates

Total Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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LEADING THE WAY FOR CHILDREN'S HEALTH



NUTRITION OUTPUT FORM

ITEM NUMBER: 04915

ITEM DESCRIPTION: : BENEFIT WHOLE GRAIN GOLDEN SUGAR COOKIE - 1OZ/384

Nutrition Facts	
384 servings per container	
Serving size	1 cookie (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	5%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.7mg	4%
Potassium 40mg	0%
<small>*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.</small>	

INGREDIENTS: WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO- AND DIGLYCERIDES), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), BUTTER MARGARINE BLEND (BUTTER [CREAM, SALT], PALM OIL, SOYBEAN OIL, WATER, SALT, NATURAL FLAVOR, VEGETABLE MONO- AND DIGLYCERIDES, ANNATTO EXTRACT [COLOR], VITAMIN A PALMITATE), WHEAT STARCH-MODIFIED, INULIN, CONTAINS 2% OR LESS OF THE FOLLOWING: NATURAL FLAVOR, WATER, DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

PROCESSED IN A FACILITY THAT PROCESSES NUTS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT.

LAST MODIFIED: 12.07.22

MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: 0

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	368.798
Calories from SatFat (kcal)	35.929
Protein (g)	5.169
Carbohydrates (g)	65.978
Dietary Fiber (2016) (g)	6.886
Total Sugars (g)	31.851
Added Sugar (g)	31.006
Fat (g)	11.440
Saturated Fat (g)	3.992
Mono Fat (g)	4.233
Poly Fat (g)	2.027
Trans Fatty Acid (g)	0.160
Cholesterol (mg)	33.698
Water (g)	15.303
Ash (g)	1.309
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.019
Vitamin D - IU (IU)	5.093
Vitamin D - mcg (mcg)	0.128
Minerals	
Calcium (mg)	33.574
Iron (mg)	2.379
Potassium (mg)	128.802
Sodium (mg)	383.418



Smart Snacks Product Calculator Results

Brand:
Benefit J&J Snacks

Product Name:
Sugar Cookie 1oz

Serving Size:
28.00 g

First Ingredient:
Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Total Fat (g) 3

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 105

Carbohydrates

Total Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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NUTRITION OUTPUT FORM

ITEM NUMBER: 04912

ITEM DESCRIPTION: : 1.0 oz Candy BeneFIT Reduced Fat Cookies Made with 51% Whole Grain – 384 ct

Nutrition Facts	
384 servings per container	
Serving size	1 cookie (28g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.8mg	4%
Potassium 40mg	0%
*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.	

100g NUTRITIONAL	
Basic Components	
Calories (kcal)	364.07
Calories from SatFat (kcal)	34.319
Protein (g)	5.504
Carbohydrates (g)	65.634
Dietary Fiber (2016) (g)	6.679
Total Sugars (g)	32.152
Added Sugar (g)	31.381
Fat (g)	11.069
Saturated Fat (g)	3.813
Mono Fat (g)	4.216
Poly Fat (g)	1.884
Trans Fatty Acid (g)	0.102
Cholesterol (mg)	35.496
Water (g)	15.754
Ash (g)	1.251
Vitamins	
Vitamin A - RAE (mcg)	0
Vitamin C (mg)	0.016
Vitamin D - IU (IU)	5.947
Vitamin D - mcg (mcg)	0.149
Minerals	
Calcium (mg)	35.569
Iron (mg)	2.707
Potassium (mg)	144.605
Sodium (mg)	320.446

INGREDIENTS: WHEAT FLOUR BLEND (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WHOLE WHEAT FLOUR), SUGAR, MINI CHOCOLATE GEMS (DARK CHOCOLATE [SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA], SUGAR, ARTIFICIAL COLORING [YELLOW 6 LAKE, YELLOW 6, YELLOW 5 LAKE, BLUE 2 LAKE, BLUE 1 LAKE, YELLOW 5, BLUE 1, RED 40 LAKE], GUM ARABIC, CORN SYRUP, CONFECTIONER'S GLAZE), EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL, MONO AND DIGLYCERIDES), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, CAROB BEAN GUM), WHEAT STARCH-MODIFIED, INULIN, CONTAINS 2% OR LESS OF THE FOLLOWING: WATER, NATURAL FLAVOR, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, CALCIUM CARBONATE), DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT DRY MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), SALT, SOY LECITHIN.

CONTAINS EGG, MILK, SOY, WHEAT.

PROCESSED IN A FACILITY THAT PROCESSES NUTS.

CONTAINS BIOENGINEERED FOOD INGREDIENTS.

LAST MODIFIED: 12.07.22

MODIFIED BY: Jenna Berghof

DOCUMENT REVISION #: O



Smart Snacks Product Calculator Results

Brand:
Benefit J&J Snacks

Product Name:
Candy Chip Cookie 1oz

Serving Size:
28.00 g

First Ingredient:
Wheat Flour

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Total Fat (g) 3

Saturated Fat (g) 1

Trans Fat (g) 0

Sodium (mg) 90

Carbohydrates

Total Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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