



PER 1 SLICE

60	0g	140mg	2
SALMONS	SAT FAT	SODIUM	TOTAL
PER 100g	PER 100g	PER 100g	PER 100g
			STARCHES

100% Whole Wheat
Our Promise: Never any artificial preservatives, colors or flavors and NO high fructose corn syrup.

13g
Whole Grain
per slice
Heart Healthy

74101-061721

Nutrition Facts

22 servings per container

Serving size 1 Slice (26g/0.9oz)

Amount per serving

Calories 60

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 140mg 6%

Total Carbohydrate 11g 4%

Dietary Fiber 2g **3%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 3g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.6mg 4%

Potassium 60mg 0%

Thiamin 0.14mg 10%

Riboflavin 0.04mg 2%

Niacin 0.8mg 6%

Folate 5mcg DFE 0%

(0mcg folic acid)

*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, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, CULTURED WHEAT FLOUR, VINEGAR, MONOGLYCERIDES, ENZYMES, MONOCALCIUM PHOSPHATE, ASCORBIC ACID, SOY LECTHIN. TOPPED WITH WHEAT BRAN.

741-081321



BAKED WITH WHOLE GRAIN **CHEDDAR**

SELL BY
09/04/14
09/14
13/14

PEPPERIDGE FARM

Goldfish
BAKED
SNACK CRACKERS



FINN®

BAKED WITH 12g OF
WHOLE GRAIN
PER SERVING



CHEDDAR

NET WT 6.6 OZ (187g)



Nutrition Facts

About 6 Servings Per Container
Serving Size 55 Pieces (30g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 3g

Cholesterol <5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 3g

Vitamin D 0mcg 0% • Calcium 30mg 2%

Iron 1mg 6% • Potassium 70mg 0%

Thiamin 0.14mg 10% • Riboflavin 0.15mg 10%

Niacin 1.8mg 10% • Folate 40mcg DFE 10%
(30mcg folic acid)

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MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), SALT, CONTAINS 2% OR LESS OF: YEAST, AUTOLYZED YEAST EXTRACT, PAPRIKA, SPICES, CELERY, BAKING SODA, MONOCALCIUM PHOSPHATE, ONION POWDER. CONTAINS: WHEAT, MILK.

PEPPERIDGE FARM, INC., NORWALK, CT 06856
Contains bioengineered food ingredients.

The ingredients from canola and soy in this product come from genetically modified crops.

Learn more at pepperidgefarm.com

910001029449

BAKED IN U.S.A.

8578-11-10S0E3



Nutrition Facts

about 13 servings per container
Serving size 8 crackers (31g)
(1 serving = 2 full cracker sheets)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%

Protein 2g

Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.9mg	6%
Potassium 50mg	0%

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INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, CANOLA OIL, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

CONTAINS: WHEAT, SOY.

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA
MADE IN MEXICO

FAMILY SIZE

RITZ
CRACKERS

6
PACKS



Baked with
Whole Wheat

5g WHOLE GRAIN
PER 1 1/2 SERVINGS

Serving
Suggestion



NET WT 1 LB 3.3 OZ (547g)

PER 5 CRACKERS

70	0.5g	120mg	2g
CALORIES	SALT PER	SODIUM	TOTAL
PER TB	PER TB	PER TB	SERVICES



Nutrition Facts

about 36 servings per container
Serving size 5 crackers (15g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 10g 4%

Dietary Fiber less than 1g 3%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.5mg 2%

Potassium 30mg 0%

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INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

CONTAINS: WHEAT, SOY.



21g Whole Grain per 29g Serving

100% WHOLE GRAIN

WHEAT THINS

reduced fat
25% LESS FAT THAN ORIGINAL WHEAT THINS

NO
ARTIFICIAL
FLAVORS OR
COLORS



BAKED TO
SHOW BENT

SERVE
SUGGESTION

PER 16 PIECES

120	0.5g	200mg	4g
CALORIES	SAT FAT	TOTAL SODIUM	TOTAL SUGARS
	9% DV	9% DV	

SNACKS | NET WT 8.5 OZ (240g)

Reduced Fat Wheat Thins

contain 3.5g fat per serving compared to
5g in Original Wheat Thins

Nutrition Facts

about 8 servings per container

Serving size 16 pieces (29g)

Amount per serving
Calories 120

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g •

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 22g 8%

Dietary Fiber 3g 11%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.9mg 4%

Potassium 90mg 0%

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INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, CANOLA OIL, CORNSTARCH, MALT STRIP (FROM CORN AND BARLEY), SALT, BERNER'S STRIP, LEAVENING (CALCIUM PHOSPHATE AND BAKING SODA)

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS.

CONTAINS: WHEAT

MONDELEZ GLOBAL LLC, EAST HANOVER, NJ 07936 USA



		Per serving		Per 1 slice		Per serving		Per 1 slice			
		% DV*		% DV*		% DV*		% DV*			
Nutrition Facts		Total Fat	1.5g	2%	1g	1%	Sodium	270mg	12%	135mg	6%
10 Servings Per Container		Saturated Fat	0g	0%	0g	0%	Total Carbohydrate	26g	9%	13g	5%
Serving Size 2 Slices (57g)		Trans Fat	0g		0g		Dietary Fiber	3g	11%	1g	4%
Calories		Polyunsaturated Fat	0.5g		0g		Total Sugars	2g		1g	
130	70	Monounsaturated Fat	0g		0g		Incl. Added Sugars	2g	4%	1g	2%
Per Serving	Per 1 Slice	Cholesterol	0mg	0%	0mg	0%	Protein	5g		3g	
		Vitamin D	1.2mcg	6%	0.6mcg	2%	Thiamin	0.2mg	15%	0.1mg	8%
		Calcium	300mg	25%	150mg	10%	Riboflavin	0.1mg	10%	0.1mg	6%
		Iron	1.3mg	8%	0.7mg	4%	Niacin	1.9mg	10%	0.9mg	6%
		Potassium	70mg	0%	35mg	0%	Folate DFE (folic acid)	60mcg (30mcg)	15%	30mcg (15mcg)	8%

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INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, NIACIN, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, WHOLE GRAIN WHEAT FLOUR, SUGAR, YEAST, WHEAT GLUTEN, CELLULOSE FIBER, CALCIUM SULFATE, SALT, VEGETABLE OIL (SOYBEAN), PRESERVATIVES (CALCIUM PROPIONATE, SORBIC ACID), SOY FLOUR, MONOGLYCERIDES, DATEM, CITRIC ACID, SOY LECITHIN, VITAMIN D3, GRAIN VINEGAR, MONOCALCIUM PHOSPHATE. R21-102-202308

CONTAINS WHEAT, SOY.
MADE IN A BAKERY THAT MAY ALSO USE MILK, TREE NUTS.