### Smart Snacks Product Calculator Results

**Brand:** JJ Snack

**Product Name:** 1oz Choc Chip BeneFIT RF Cookie

**Serving Size:** 28.35 g

**First Ingredient:** Whole Wheat Flour

Your whole grain product meets all nutrient standards.

### Nutrition Facts

**Serving Size** 1 oz (about 28.35 g)

**Servings Per Container**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 104.03</th>
<th>Calories from Fat 25.27</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat (g)</strong></td>
<td>3.15</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>1.13</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td><strong>Sodium (mg)</strong></td>
<td>93.66</td>
<td></td>
</tr>
<tr>
<td><strong>Carbohydrates</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>9.16</td>
<td></td>
</tr>
<tr>
<td><strong>Vitamin D (%)</strong></td>
<td>NA</td>
<td>Potassium (%) NA</td>
</tr>
<tr>
<td><strong>Calcium (%)</strong></td>
<td>NA</td>
<td>Dietary Fiber (%) NA</td>
</tr>
</tbody>
</table>
1.0 oz Chocolate Chip BeneFIT Reduced Fat Cookies Made with 51% Whole Grain - 384 ct

Nutrition Facts

Serving Size: (1 OZ) Serving Per Container:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>104.03</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>28.27</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.15g</td>
<td>4.85%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.13g</td>
<td>5.65%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10.38mg</td>
<td>3.46%</td>
</tr>
<tr>
<td>Sodium</td>
<td>93.66mg</td>
<td>3.9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>18.5g</td>
<td>6.17%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.92g</td>
<td>7.68%</td>
</tr>
<tr>
<td>Sugars</td>
<td>9.16g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1.69g</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>0.61%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0.03%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>1.03%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>3.61%</td>
<td></td>
</tr>
</tbody>
</table>

Ingredients:

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE, MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), SUGAR, EGGS, VEGETABLE SHORTENING (CANOLA OIL, PALM OIL WITH MONO AND DIGLYCERIDES), SEMI-SWEET CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, ARTIFICIAL FLAVOR), OATS, CREAM CHEESE (PASTEURIZED MILK AND CREAM, CHEESE CULTURE, SALT, STABILIZER [CAROB BEAN GUM AND/OR GUAR GUM AND/OR XANTHAN GUM]), MODIFIED WHEAT STARCH. CONTAINS 2% OR LESS OF WATER, INULIN, SALT, LEAVENING (SODIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE), DAIRY BLEND (WHEY, SODIUM CASEINATE, NONFAT MILK, SOY LECITHIN, CALCIUM PHOSPHATE, CALCIUM OXIDE), SOY LECITHIN, NATURAL FLAVOR. CONTAINS MILK, EGG, WHEAT AND SOYBEAN PRODUCTS

Allergen Information:

Contains: Eggs, Milk, Soy Beans, Wheat

Kosher Type:

KOF-K - DAIRY

Child Nutrition Statement:

The listed serving size contains 10.99g creditable grains of which 5.61g are whole grains. This provides .50 servings of breads/grains under the Child Nutrition Program using the 16g calculator.

Storage/Handling:

Keep Frozen (0°F or below). Shelf life up to one year when stored properly.

Preparation Instruction:


Product Specifications:

<table>
<thead>
<tr>
<th>UPC</th>
<th>SCC/GTIN</th>
<th>Case Pack</th>
</tr>
</thead>
<tbody>
<tr>
<td>024497049113</td>
<td>00024497049113</td>
<td>384</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Case Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Length</td>
</tr>
<tr>
<td>14.19</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Pallet Dimensions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tier</td>
</tr>
<tr>
<td>12</td>
</tr>
</tbody>
</table>

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

LaVonn Unruh

J&J Snack Foods Corp. • 6000 Central Highway, Pennsauken, NJ 08109 • (800) 486-8533 x6140 • www.jjsnack.com
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