### Nutrition Facts

**Serving Size** 1 Brownie (114g)  
**Servings Per Container** 6

<table>
<thead>
<tr>
<th>Nutrition Value</th>
<th>Amount</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>510</td>
<td></td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>210</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>23g</td>
<td>35%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>7g</td>
<td>35%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>20mg</td>
<td>7%</td>
</tr>
<tr>
<td>Sodium</td>
<td>250mg</td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>71g</td>
<td>24%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>40g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>5g</td>
<td></td>
</tr>
</tbody>
</table>

**INGREDIENTS:** ENRICHED BLEACHED FLOUR (WHEAT FLOUR, Niacin, Reduced IRON, Thiamine MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CORN SYRUP, PARTIALLY HYDROGENATED SOYBEAN AND COTTONSEED OIL WITH TBHQ TO PRESERVE FLAVOR, SUGAR, DEXTROSE, WATER, COCOA, WALNUTS, HIGH FRUCTOSE CORN SYRUP, WHEY (MILK), EGGS, SOY LECITHIN (EMULSIFIER), CORN STARCH, SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), COLORS (CARAMEL COLOR, RED 40, NATURAL AND ARTIFICIAL), FLAVORS, EGG INNITOTES, CITRIC ACID, SORBIC ACID (TO RETAIN FRESHNESS), ALMONDS.

**ALLERGY INFORMATION:** CONTAINS WHEAT, WALNUTS, MILK, EGGS, SOY AND ALMONDS. MANUFACTURED ON EQUIPMENT THAT PROCESSES PRODUCTS CONTAINING PEANUTS AND TREE NUTS.

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*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.*

**Tolerable Upper Intake Level (UL):**

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>UL for Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>Less than 20g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>300g to 375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g to 30g</td>
</tr>
</tbody>
</table>
Nutrition Facts
Serving Size: About 24 Biscuits (52g/1 8 oz.)
Servings Per Container: About 9

Energy: 180 Calories from Fat: 10

Total Fat: 1g†
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 10mg
Total Carbohydrate: 43g
Dietary Fiber: 0g
Sugars: 12g
Other Carbohydrate: 26g

Protein: 4g

Vitamin A: 0% RDI
Vitamin C: 0% RDI
Calcium: 0% RDI
Iron: 0% RDI
Thiamin: 0% RDI
Riboflavin: 0% RDI
Niacin: 0% RDI
Vitamin B6: 0% RDI
Folic Acid: 0% RDI
Pyridoxine: 0% RDI
Magnesium: 0% RDI
Zinc: 0% RDI
Copper: 0% RDI

Dietary Reference Intakes 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
Saturated Fat: Less Than 20g 25g
Cholesterol: Less Than 300mg 300mg
Sodium: Less Than 2,400mg 2,400mg
Total Carbohydrate: Less Than 300g 375g
Dietary Fiber: 25g 30g

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, STRAWBERRY FLAVORING CRUNCHIES (WHEAT, CORN, COTTONSEED OIL), CORN SYRUP, MODIFIED CORN STARCH, PARTIALLY HYDROGENATED COTTONSEED OIL, CITRIC ACID, SODIUM NITRATE, NATURAL AND ARTIFICIAL FLAVORS, RED 40, BLUE 1, 3, 5, 6, 1, 2, AND ARTIFICIAL STRAWBERRY AND CHERRY FLAVORS, CITRUS JUICE CONCENTRATE, SODIUM CITRATE, BAKING SODA, SODIUM STEARATE, CALCIUM SODIUM ALUMINOSILICATE, ZINC OXIDE, RED 40, NICKEL-CHLORIDE, CYANOCOBALAMIN (VITAMIN B12), BAKING SODA, ASCORBIC ACID, VITAMIN B5, Niacinamide, PANTOTHENIC ACID (VITAMIN B5), DIETHYLHYDROCHLORIDE (VITAMIN B12), FOLIC ACID, VITAMIN B6, AND VITAMIN B12 TO MAINTAIN QUALITY, BUT HAS BEEN ADDED TO THE packaging.

CONTAINS WHEAT INGREDIENTS.

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Exchange: 3 Carbohydrates

The dietary exchanges are based on the CHFFE Exchange List for Foods, 2000, published by the American Diabetes Association and American Diabetes Association.

Questions or Comments? visit kelloggs.com
1-800-992-1413 (Spanish spoken)
Email: P.O. Box CAMS
Battle Creek, MI 49016

SEE BACK FOR DETAILS.
 Ginger Snaps

Nutrition Facts

Serving Size 4 cookies (28g)
Servings Per Container about 16

Amount Per Serving
Calories 120 Calories from Fat 20
% Daily Value
Total Fat 2.5g 4%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 1.5g
Monounsaturated Fat 0g
Cholesterol 0mg 0%
Sodium 190mg 8%
Potassium 115mg 3%
Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%
Sugars 11g
Protein 1g

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

* 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
Sat Fat Less than 20g
Cholesterol Less than 300mg
Sodium Less than 2,400mg
Potassium 3,500mg
Total Carbohydrate 300g
Dietary Fiber 25g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, Niacin, REDUCED IRON, THIAMINE MONONITRATE, VITAMIN B1, RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, MOLASSES, SOYBEAN OIL, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), GINGER, SALT, SOY LEICHT, SULPHUR DIOXIDE (SULFITES),

CONTAINS: WHEAT, SOY.

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NET WT 1 LB (453g)
Food Club

HONEY GRAHAMS

Grahamdillycious!

No Cholesterol

NET WT 16 OZ
(1 LB) 454 g

Nutrition Facts
Serving Size 2 whole crackers (27g)
Servings Per Carton About 17

Amount Per Serving
Calories 120 Calories from Fat 30

% Daily Value*
Total Fat 3.5g 5%
Saturated Fat 0.5g 3%
Polyunsaturated Fat 0g
Monounsaturated Fat 3g
Cholesterol 0mg 0%
Sodium 95mg 4%
Total Carbohydrate 21g 7%
Dietary Fiber less than 1g 4%
Sugars 6g
Protein 1g
Iron 4%

Not a significant source of vitamin A, vitamin C and calcium.

*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
Saturated 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
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIAIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SUGAR, GRAHAM FLOUR, PARTIALLY HYDROGENATED VEGETABLE OIL SHORTENING (CONTAINS ONE OR MORE OF THE FOLLOWING: SOYBEAN OIL, COTTONSEED OIL), BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, HONEY, SODIUM BICARBONATE, SALT, MOLASSES, SOY LECITHIN, MALTED CEREAL SYRUP AND VANILLIN (AN ARTIFICIAL FLAVOR).

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