

MJM Honey Grahams-2g Fiber

Nutritional Statement

MJM #300151

Smart Snack Approved

Nutrition Facts

1 servings per container
Serving size (28g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	

Vitamin D 0mcg	0%
Calcium 5mg	0%
Iron 2mg	10%
Potassium 53mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 3mg	20%


*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.

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ 2g Fiber
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ Low Fat
- ◆ Low Sodium
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 1 oz. Grain Equivalent

Whole Grain (g)	10.67
	59%
Total Grain (g)	18.05

(Derived from wheat)



INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains 2% Or Less Of: Oat Fiber, Honey, Salt, Sodium Bicarbonate, Molasses, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin As Carrier), Extract Of Annatto.

Contains Wheat

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830300156	28 g/1 oz	150/3	8 x 14 HI	21 x 10 x 5	0.55	11 lbs	9.38 lb

Each package of this product meets USDA requirements for a 1 oz. GRAIN

Product Formulation Statement for Grains						
Creditable Grain	Grams of Grain	Gram Standard	Amount	Creditable Amount		
Whole Wheat Flour	10.67	16	0.67	0.67		
Enriched Flour	7.39	16	0.46	0.46		
Total Creditable Grain Amount				1		
Non-Creditable Grains (Not included in totals above)			0.57g			
Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent per SP 30-2012	Total Creditable Amount	Exhibit Group Product Belongs to	Total Weight of Product per Portion as Purchased	Total Contribution per Portion
Graham	28g	28g	1	Group B	28g	1 oz. equivalent

MJM products are produced in a nut-free & peanut-free facility. MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

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MJM Marketing

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