



Smart Snacks Product Calculator Results

Brand: **Pepsico**

Product Name: **Rold Gold Heartzels Pretzels - .70oz**

Serving Size: **19.80 g**

First Ingredient: **Whole Wheat Flour**

Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 19.80 g	
Amount Per Serving	
Calories 80	Calories from Fat 10
Total Fat (g) 1.5	
Saturated Fat (g) 0	
Trans Fat (g) 0	
Sodium (mg) 200	
Carbohydrates	
Sugars (g) 0	
Vitamin D (%) NA	Potassium (%) NA
Calcium (%) NA	Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH



Dessert / Cup

Compliant For Weblinear List

RH # 38600

Rold Gold® Heartzels Pretzels – .70 oz. (19.8 g)



Nutrition Facts

Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories 80	
Calories from Fat 10	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 200mg	8%
Potassium 120mg	3%
Total Carbohydrate 15g	3%
Dietary Fiber 2g	8%
Sugars 0g	0%
Protein 2g	4%
Vitamin A	0%
Vitamin C	0%
Calcium	4%
Magnesium	10%

1 verify the above information is accurate as of February 2, 2013.

Joe Shugg
 Joe Shugg
 Director of Product Development
 Nutrition Science

Ingredients:
 Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Corn Oil, Salt, Yeast, and Ammonium Bicarbonate.

CONTAINS WHEAT INGREDIENTS.

Case UPC	000-28400-15940-1
Bag UPC	0-28400-17902-1
Case Pack	104/70 oz bags
Kosher Status	Yes - OU
AHG Compliant	Yes - E, M, H
Healthier US Schools - Compliant - Competitive Foods (Bronze, Silver & Gold Awards)	Yes
Healthier US Schools - Compliant - Competitive Foods (Gold Award of Distinction)	Yes
Meats USDA Whole Grain Rich Definition	Yes
Grain/Bread Equivalents (16 g/serving)	1 oz. eq.
Weight of Grain	16.9 g
Document Updated	1/13



All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information