SMART SNACKS
PRODUCT CALCULATOR

HEALTHIER GENERATION

Smart Snacks Product Calculator Results

Brand:
Smart snack

Product Name:
Smartfood Delight White Cheddar Popcorn

Serving Size:
14.18 g

First Ingredient:
Popcorn

Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 0.5 oz (about 14.18 g)

Servings Per Container

Amount Per Serving

Calories 70 | **Calories from Fat** 20

Total Fat (g) 2.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA | Potassium (%) NA

Calcium (%) NA | Dietary Fiber (%) NA

LEADING THE WAY FOR CHILDREN'S HEALTH

FOUNDED BY: American Heart Association. | Clinton Foundation

PEPSICO FOODSERVICE

Smartfood® Delight White Cheddar Popcorn – .5 oz. (14 g)

Nutrition Facts

Serving Size 1 package	
Servings Per Container 1	
Amount Per Serving	
Calories	1 package
	70
Calories from Fat	20
	%Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Potassium 30mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

*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
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Potassium			3,500mg	3,500mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 | Carbohydrate 4 | Protein 4

I verify the above information is accurate as of 1/27/14.

Jan Ruegg
PepsiCo Foodservice/Vend Nutrition Science
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Frito-Lay Inc.
Plano, TX 75024-4099

Ingredients:
Popcorn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Salt, Whey, Whey Protein Concentrate, Buttermilk, Canola Oil, Potassium Chloride, Natural Flavors, Yeast Extract, Lactic Acid, and Citric Acid.
CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-25566-0
Bag UPC	0-28400-04096-3
Case Pack	72/.5 oz. bags
Kosher Status	Not Kosher
AHG Compliant	Yes – E, M, H
USDA Competitive Foods	Yes- 50% or more whole grain by weight
Grain- oz. eq.	0
Weight of Grain	0
Document Updated	1/27/14

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.