



**Sunchips® Harvest Cheddar Multigrain Snacks – 1 oz. (28 g.)**

<b>Nutrition Facts</b>	
Serving Size	1 package
Servings Per Container	1
<b>Amount Per Serving</b>	
<b>Calories</b>	140
<b>Calories from Fat</b>	60
	<b>%Daily Value*</b>
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 1g	<b>4%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3.5g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 18g	<b>6%</b>
Dietary Fiber 2g	<b>9%</b>
Sugars 2g	
<b>Protein</b> 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
Total Carbohydrate	300g   375g
Dietary Fiber	25g   30g
<b>Calories per gram:</b>	
Fat 9	Carbohydrate 4   Protein 4

**Ingredients:**

Whole Corn, Sunflower and/or Canola Oil, Whole Wheat, Brown Rice Flour, Whole Oat Flour, Sugar, Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Natural Flavors, Whey, Whey Protein Concentrate, Onion Powder, Romano Cheese (Cow's Milk, Cheese Cultures, Salt, Enzymes), Buttermilk, Yeast Extract, Citric Acid, Paprika Extracts, Lactic Acid, Garlic Powder, Parmesan Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Skim Milk.

**CONTAINS WHEAT AND MILK INGREDIENTS.**

Case UPC	000-28400-11152-2
Bag UPC	0-28400-02153-1
Case Pack	104/1 oz. bags
Kosher Status	No
USDA Smart Snack Compliant	No
Grain – oz. eq.	1.25 oz. eq.
Weight of Grain	21.7 g
Document Updated	1/15

I verify the above information is accurate as of 1/2/15.

*Jan Ruegg*  
 Jan Ruegg  
 PepsiCo Foodservice/Vend  
 Nutrition Science