



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	300g 375g
Carbohydrate	
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

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, 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
USDA Smart Snack Compliant	Yes- Whole Grain first ingredient
Grain- oz. eq.	0
Weight of Grain	0
Document Updated	1/15

For clarification of Smartfood Delights as a Smart Snack product, see excerpt below from USDA SP 30-2014 v. 2 Q&A p. 8, Question 10 and attached results from the Smart Snack product calculator.

10. May popcorn qualify as a Smart Snack?

Popcorn is a whole grain and may be eligible as a smart snack, provided it meets all applicable standards. The ingredient label must list the first ingredient as popcorn to meet the general standard. There are many different types of popcorn available on the market, some with added fats and/or sugars, therefore, the nutrition facts panel or product specifications must be checked to determine if the product meets the nutrition standards.

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

Jan Ruegg

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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.