

Oakville Grocery Crispy Cracker Sampling

Classic White Crisps

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
5.5 servings per container	Total Fat 2.5g	4%	Total Carb. 17g	6%
	Sat. Fat 1.5g	7%	Fiber 3g	10%
	<i>Trans Fat</i> 0g		Total Sugars 2g	
	Cholesterol 5mg	2%	Incl. 2g Added Sugars	4%
Serving size 6 crackers (25g)	Sodium 360mg	16%	Protein 3g	
Calories per serving 100	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

Six Seed Crisps

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
5.5 servings per container	Total Fat 3.5g	6%	Total Carb. 16g	5%
	Sat. Fat 1.5g	7%	Fiber 3g	11%
	<i>Trans Fat</i> 0g		Total Sugars 2g	
	Cholesterol 5mg	2%	Incl. 2g Added Sugars	4%
Serving size 6 crackers (25g)	Sodium 210mg	9%	Protein 4g	
Calories per serving 100	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

Cranberry Hazelnut Crisps

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
10 servings per container	Total Fat 2.5g	4%	Total Carb. 14g	5%
	Sat. Fat .5g	2%	Fiber 1g	4%
	<i>Trans Fat</i> 0mg	0%	Total Sugars 5g	
	Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Serving size 4 crackers (17g)	Sodium 135mg	5.5%	Protein 3g	
Calories per serving 90	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			