

**NABISCO**

# RITZ

CRACKERS

**Whole Wheat**  
WITH **5g WHOLE GRAIN** PER SERVING

NET WT 15 OZ (425g)

**RITZ** *Whole Wheat*

- Low Saturated Fat
- No Cholesterol

**Nutrition Facts**  
Serving Size 5 crackers (15g)  
Servings Per Container About 28

Amount Per Serving	
<b>Calories</b> 70	Calories from Fat 25
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Potassium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber Less than 1gram	<b>3%</b>
Sugars 2g	
<b>Protein</b> 1g	

**INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN.

**CONTAINS: WHEAT, SOY.**

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Nutrition Services • Alameda County Public Health Department

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