

TO OPEN • SLIDE FINGER UNDER
FLAP AND LOOSEN GENTLY



Honey Maid[®] Honey

GRAHAMS



Great for Morning!



Honey Maid[®] GRAHAMS

Honey



- ✓ Goodness of Whole Grain (2g per serving)
- ✓ Low in Saturated Fat
- ✓ Lightly Sweet Taste

NET WT 14.4 OZ (408g)

Honey Maid[®] Honey GRAHAMS

This product contains 2g of whole grain per serving. Nutritionists recommend consuming 48g of whole grain per day.

• No Cholesterol • Low Saturated Fat

Nutrition Facts

Serving Size 8 crackers (31g)
(1 serving = 2 full cracker sheets)
Servings Per Container About 13

Amount Per Serving	
Calories 140 Calories from Fat 25	
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 1g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 24g	8%
Dietary Fiber Less than 1g	3%
Sugars 8g	
Protein 2g	
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 6%	
*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

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL AND/OR LIQUID SOYBEAN OIL, GRAHAM FLOUR, HIGH FRUCTOSE CORN SYRUP, HONEY, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SALT, ARTIFICIAL FLAVOR, MALTED BARLEY FLOUR.

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