



RITZ

Sticks

CRACKERS

Dip, Dunk, Scoop!

NET WT 12.5 OZ (354g)



Nutrition Facts

Serving Size 17 Sticks (30g)
Servings Per Container About 12

Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0.5g	
Polyunsaturated Fat 3.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 19g	6%
Dietary Fiber Less than 1g	2%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	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), SOYBEAN OIL, SUGAR, PARTIALLY HYDROGENATED COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, SALT, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), SOY LECITHIN (EMULSIFIER).

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