

**Nutrition Facts** Serv Size: 1 Package (23g), Amount Per Serving: **Calories** 100, Fat Cal 20, **Total Fat** 2g (3% DV), **Sat Fat** 0g (0% DV), **Trans Fat** 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 1g, **Cholest** 0mg (0% DV), **Sodium** 160mg (7% DV), **Total Carb** 20g (7% DV), Fiber Less than 1g (3% DV), Sugars 9g, **Protein** 1g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

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 THE ENTIRE PACKAGE WITH PRINTED CODE,  
 OR CALL 1-800-NABISCO (622-4726), WEEKDAYS.



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**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), SUGAR, HIGH FRUCTOSE CORN SYRUP, HIGH OLEIC CANOLA OIL, COCOA (PROCESSED WITH ALKALI), CORNSTARCH, LEAVENING (BAKING SODA, CALCIUM PHOSPHATE), ARTIFICIAL COLOR, SALT, POWDERED SUGAR, ARTIFICIAL FLAVOR.



# 100 Calorie Packs

**OREO**<sup>®</sup>  
*thin crisps*  
 BAKED CHOCOLATE  
 WAFER SNACKS



## 100 HEALTHY LIVING TIPS:

**#44:** If you purchase food in bulk, portion out the proper servings before you store. It saves time when you go to use the product.

For more of the 100 Healthy Living Tips, please visit [www.NabiscoWorld.com/100caloriepacks](http://www.NabiscoWorld.com/100caloriepacks) NET WT 0.81 OZ (