NABISCO

BAKED
WHOLE GRAIN
WHEAT CRACKERS

Triscuit®

Original

✓ Made with 100% Whole Grain
✓ 0g Trans Fat per serving

May Help Reduce the Risk of Heart Disease

ENLARGED TO SHOW DETAIL

SERVING SUGGESTION

DIETS RICH IN WHOLE GRAIN FOODS AND LOW IN SATURATED FAT & CHOLESTEROL MAY HELP REDUCE THE RISK OF HEART DISEASE.

NET WT 9.5 OZ (269g)

Triscuit
Original

Nutrition Facts

Serving Size 6 Crackers (28g)
Servings Per Container About 10

Amount Per Serving

Calories 120	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	**7%**
Saturated Fat 0.5g	**4%**
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	**0%**
Sodium 180mg	**7%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 3g	**13%**
Sugars 0g	
Protein 3g	

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 8% • Phosphorus 10%

*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: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.

KRAFT FOODS NORTH AMERICA
KRAFT FOODS GLOBAL, INC.
EAST HANOVER, NJ 07936 USA
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WHEN WRITING TO US, PLEASE ENCLOSE THE TOP FLAP WITH PRINTED CODE, OR CALL 1-800-NABISCO (622-4726), WEEKDAYS. FOR BEST WHEN USED BY INFORMATION, PLEASE SEE DATE PRINTED ON TOP OF PACK.

Triscuit

TRISCUIT Crackers are made by a unique process that allows for a great tasting, hearty, crunchy cracker you can feel good about eating.

Sensible Snacking

Heart Healthy

- ✓ Made with 100% Whole Grain
- ✓ 0 grams of Trans Fat
- ✓ Low Saturated Fat (contains 4.5g fat per serving)
- ✓ Good Source of Dietary Fiber
- ✓ No Cholesterol
- ✓ Sugar Free (not a reduced calorie food)

PER SERVING

To learn more about the benefits of whole grains and other sensible snacking options, please visit us at www.NabiscoWorld.com/Sensible Snacking

Triscuit

Is an excellent source of Whole Grain!

USDA recommends making at least half your grains whole grains.

MyPyramid.gov
STEPS TO A HEALTHIER YOU

The USDA does not endorse any products, services or organizations.

Nutritionists recommend eating at least three one-ounce equivalents of whole grain products per day (about 16g whole grain per serving, or at least 48g per day).

One six-cracker serving of Triscuit provides 22g of whole grain, approximately 45% of the recommended minimum daily amount.

Not only does whole grain give Triscuit a terrific taste, texture and crunch- it provides important health benefits:

Heart Health:
Diets rich in whole grain foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

Weight Management:
Regular physical activity and eating at least three one-ounce equivalents of whole grains each day (as a part of a calorie balanced diet) may help you maintain a healthy body weight.

kraftfoods.com