



# Nutrition Facts

ALL Delite Cookies Compliant with  
Food & Beverage Policy 150

**Fat ≤ 5g**

**Saturated Fat ≤ 2 g**

**Fibre ≥ 2 g**

**30 gram cookies** (Bulk Only - Wrapped by special order)

Chocolate Chip Delite 1002-D	Oatmeal Raisin Delite 3002-D	Fudge Chip Delite 4002-D	Oatmeal Chocolate Chip Delite 5002-D	Oatmeal Delite 6002-D
<b>Nutrition Facts</b> Serving Size 1 cookie (30g)  Amount Per Serving Calories 110  % Daily Value <b>Total Fat 3.5 g</b> 6% <b>Saturated 1 g</b> 6% <i>Trans Fat</i> 0 g Omega-6 1.0 g Omega-3 0.1 g Cholesterol 10 mg Sodium 65g 3% Total Carbohydrate 20g 7% <b>Dietary Fibre 2 g</b> 6% Sugars 9 g Protein 1 g  Vitamin A 2% Vitamin C 0% Calcium 0% Iron 6%	<b>Nutrition Facts</b> Serving Size 1 cookie (30g)  Amount Per Serving Calories 110  % Daily Value <b>Total Fat 3 g</b> 5% <b>Saturated .5g</b> 4% <i>Trans Fat</i> 0 g Omega-6 1.1g Omega-3 0.1g Cholesterol 10 mg Sodium 70mg 3% Total Carbohydrate 20g 7% <b>Dietary Fibre 2g</b> 6% Sugars 9g Protein 2g  Vitamin A 4% Vitamin C 0% Calcium 0% Iron 6%	<b>Nutrition Facts</b> Serving Size 1 cookie (30g)  Amount Per Serving Calories 110  % Daily Value <b>Total Fat 3.5 g</b> 5% <b>Saturated 1g</b> 6% <i>Trans Fat</i> 0 g Omega-6 1g Omega-3 .1g Cholesterol 15 mg Sodium 70 mg 3% Total Carbohydrate 19g 6% <b>Dietary Fibre 2 g</b> 6% Sugars 9 g Protein 2 g  Vitamin A 4% Vitamin C 0% Calcium 0% Iron 6%	<b>Nutrition Facts</b> Serving Size 1 cookie (30g)  Amount Per Serving Calories 110  % Daily Value <b>Total Fat 3 g</b> 5% <b>Saturated 1g</b> 6% <i>Trans Fat</i> 0 g Omega-6 1g Omega-3 .1g Cholesterol 10 mg Sodium 70 mg 3% Total Carbohydrate 20 g 7% <b>Dietary Fibre 2 g</b> 6% Sugars 9 g Protein 2 g  Vitamin A 2% Vitamin C 0% Calcium 0% Iron 6%	<b>Nutrition Facts</b> Serving Size 1 cookie (30g)  Amount Per Serving Calories 110  % Daily Value <b>Total Fat 3 g</b> 5% <b>Saturated 1 g</b> 4% <i>Trans Fat</i> 0 g Omega-6 1.2g Omega-3 .15g Cholesterol 10 mg Sodium 80 mg 3% Total Carbohydrate 19 g 6% <b>Dietary Fibre 2 g</b> 6% Sugars 8 g Protein 2 g  Vitamin A 4% Vitamin C 0% Calcium 0% Iron 6%

**50 gram cookies** (Bulk or wrapped)

Chocolate Chip Delite 1003-D/4-D	Oatmeal Raisin Delite 3003-D/4-D	Fudge Chip Delite 4003-D/4-D	Oatmeal Chocolate Chip Delite 5003-D/4-D	Oatmeal Delite 6003-D/4-D
<b>Nutrition Facts</b> Serving Size 1 cookie (50g)  Amount Per Serving Calories 180  % Daily Value <b>Total Fat 5 g</b> 8% <b>Saturated 2g</b> 10% <i>Trans Fat</i> 0 g Omega-6 1.5g Omega-3 2g Cholesterol 20 mg 7% Sodium 105 mg 4% Total Carbohydrate 33 g 11% <b>Dietary Fiber 3 g</b> 10% Sugars 15 g Protein 2 g  Vitamin A 4% Vitamin C 0% Calcium 2% Iron 8%	<b>Nutrition Facts</b> Serving Size 1 cookie (50g)  Amount Per Serving Calories 180  % Daily Value <b>Total Fat 5g</b> 8% <b>Saturated 1g</b> 6% <i>Trans Fat</i> 0 g Omega-6 2.0g Omega-3 0.2g Cholesterol 15 mg 5% Sodium 120 mg 5% Total Carbohydrate 33 g 11% <b>Dietary Fibre 3g</b> 11% Sugars 15g Protein 3g  Vitamin A 6% Vitamin C 2% Calcium 2% Iron 8%	<b>Nutrition Facts</b> Serving Size 1 cookie (50g)  Amount Per Serving Calories 180  % Daily Value <b>Total Fat 5 g</b> 8% <b>Saturated 2g</b> 9% <i>Trans Fat</i> 0 g Omega-6 1.5g Omega-3 .2g Cholesterol 20 mg 7% Sodium 120 mg 5% Total Carbohydrate 32 g 11% <b>Dietary Fibre 3 g</b> 10% Sugars 15 g Protein 3 g  Vitamin A 6% Vitamin C 0% Calcium 2% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 cookie (50g)  Amount Per Serving Calories 190  % Daily Value <b>Total Fat 5 g</b> 8% <b>Saturated 1.5g</b> 8% <i>Trans Fat</i> 0 g Omega-6 1.5g Omega-3 .2g Cholesterol 15 mg 5% Sodium 120 mg 5% Total Carbohydrate 33 g 11% <b>Dietary Fibre 3 g</b> 11% Sugars 14 g Protein 3 g  Vitamin A 4% Vitamin C 0% Calcium 2% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 cookie (50g)  Amount Per Serving Calories 190  % Daily Value <b>Total Fat 5 g</b> 8% <b>Saturated 1.5g</b> 7% <i>Trans Fat</i> 0 g Omega-6 2g Omega-3 .2g Cholesterol 15 mg 6% Sodium 130 mg 5% Total Carbohydrate 32 g 11% <b>Dietary Fibre 3 g</b> 10% Sugars 13 g Protein 3 g  Vitamin A 6% Vitamin C 0% Calcium 2% Iron 10%

**Meets Government Guidelines for  
Food & Beverage Healthy Food Policy 150**