



# Nutrition Facts

## 50 gram DeLites<sup>®</sup> (Bulk or wrapped)

Chocolate Chip DeLite 1003-D/4-D	Casey DeLite 1103-D/4-D	Oatmeal Raisin DeLite 3003-D/4-D	Fudge Chip DeLite 4003-D/4-D	White Chunk Fudge DeLite 4103-D/4-D
<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 180 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 2g</b> 10%  <i>Trans</i> Fat 0 g  Omega-6 1.5g  Omega-3 2g  Cholesterol 20 mg 7%  Sodium 105 mg 4%  Total Carbohydrate 33g 11%  <b>Dietary Fibre 3 g</b> 10%  Sugars 15 g  Protein 2 g </div> </div> <hr/> Vitamin A 4% Vitamin C 0% Calcium 2% Iron 8%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 2 g</b> 10%  <i>Trans</i> Fat 0 g  Omega-6 1.28 g  Omega-3 .18 g  Cholesterol 15 mg 6%  Sodium 110g 5%  Total Carbohydrate 34g 11%  <b>Dietary Fibre 2 g</b> 10%  Sugars 17 g  Protein 2 g </div> </div> <hr/> Vitamin A 6% Vitamin C 0% Calcium 2% Iron 6%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 180 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5g</b> 8%  <b>Saturated 1g</b> 6%  <i>Trans</i> Fat 0 g  Omega-6 2.0g  Omega-3 .2g  Cholesterol 15 mg 5%  Sodium 120 mg 5%  Total Carbohydrate 33 g 11%  <b>Dietary Fibre 3g</b> 11%  Sugars 15g  Protein 3g </div> </div> <hr/> Vitamin A 6% Vitamin C 2% Calcium 2% Iron 8%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 180 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 2g</b> 9%  <i>Trans</i> Fat 0 g  Omega-6 1.5g  Omega-3 .2g  Cholesterol 20 mg 7%  Sodium 120 mg 5%  Total Carbohydrate 32g 11%  <b>Dietary Fibre 3 g</b> 10%  Sugars 15 g  Protein 3 g </div> </div> <hr/> Vitamin A 6% Vitamin C 0% Calcium 2% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 180 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 2g</b> 9%  <i>Trans</i> Fat 0 g  Omega-6 1.45g  Omega-3 .2g  Cholesterol 20 mg 6%  Sodium 115mg 5%  Total Carbohydrate 33g 11%  <b>Dietary Fibre 2g</b> 9%  Sugars 16g  Protein 3g </div> </div> <hr/> Vitamin A 4% Vitamin C 2% Calcium 2% Iron 8%



Oatmeal Chocolate Chip DeLite 5003-D/4-D	Oatmeal DeLite 6003-D/4-D	DuneDawg DeLite (Rice Krispie Bar)	MudDawg DeLite (Rice Krispie w Choc)	Vanilla DeLite All 8003- Speciality DeLites
<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 1.5g</b> 8%  <i>Trans</i> Fat 0 g  Omega-6 1.5g  Omega-3 .2g  Cholesterol 15 mg 5%  Sodium 120 mg 5%  Total Carbohydrate 33g 11%  <b>Dietary Fibre 3 g</b> 11%  Sugars 14 g  Protein 3 g </div> </div> <hr/> Vitamin A 4% Vitamin C 0% Calcium 2% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 1.5g</b> 7%  <i>Trans</i> Fat 0 g  Omega-6 2g  Omega-3 .2g  Cholesterol 15 mg 6%  Sodium 130 mg 5%  Total Carbohydrate 32g 11%  <b>Dietary Fibre 3 g</b> 10%  Sugars 13 g  Protein 3 g </div> </div> <hr/> Vitamin A 6% Vitamin C 0% Calcium 2% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 1.5g</b> 6%  <i>Trans</i> Fat 0 g  Omega-6 2g  Omega-3 .27g  Cholesterol 0 mg 0%  Sodium 180 mg 7%  Total Carbohydrate 37g 12%  <b>Dietary Fibre 2 g</b> 6%  Sugars 18 g  Protein 1 g </div> </div> <hr/> Vitamin A 8% Vitamin C 4% Calcium 0% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 DeLite (50g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 5 g</b> 8%  <b>Saturated 1.5g</b> 8%  <i>Trans</i> Fat 0 g  Omega-6 1.7g  Omega-3 .23g  Cholesterol 0 mg 0%  Sodium 170 mg 7%  Total Carbohydrate 37 g 12%  <b>Dietary Fibre 2 g</b> 6%  Sugars 19 g  Protein 2 g </div> </div> <hr/> Vitamin A 8% Vitamin C 4% Calcium 0% Iron 10%	<b>Nutrition Facts</b> Serving Size 1 DeLite (45g) <hr/> Amount Per Serving Calories 190 <hr/> <div> <div>% Daily Value</div> <div> <b>Total Fat 8 g</b> 13%  <b>Saturated 2 g</b> 11%  <i>Trans</i> Fat 0 g  Omega-6 3.19g  Omega-3 .44g  Cholesterol 15 mg 5%  Sodium 65 mg 3%  Total Carbohydrate 26 g 9%  <b>Dietary Fibre 2 g</b> 7%  Sugars 11 g  Protein 3 g </div> </div> <hr/> Vitamin A 8% Vitamin C 0% Calcium 0% Iron 6% 20% Sell

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