

Terra Cotta Cookies Nutrition Facts

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
Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (50 g)
Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value
Calories 180	Calories 190	Calories 180	Calories 180	Calories 180
Fat 5 g 8%	Fat 5 g 8%	Fat 5 g 8%	Fat 5 g 8%	Fat 5 g 8%
Saturated 2 g 10%	Saturated 2 g 10%	Saturated 1 g 6%	Saturated 2 g 9%	Saturated 2 g 9%
Trans 0 g	Trans 0 g	Trans 0 g	Trans 0 g	Trans 0 g
Omega-6 1.5 g	Omega-6 1.28 g	Omega-6 2.0 g	Omega-6 1.5 g	Omega-6 1.45 g
Omega-3 2 g	Omega-3 .18 g	Omega-3 .2 g	Omega-3 .2 g	Omega-3 .2 g
Cholesterol 20 mg 7%	Cholesterol 15 mg 6%	Cholesterol 15 mg 5%	Cholesterol 20 mg 7%	Cholesterol 20 mg 6%
Sodium 105 mg 4%	Sodium 110 mg 6%	Sodium 120 mg 5%	Sodium 120 mg 5%	Sodium 115 mg 5%
Carbohydrates 33 g 11%	Carbohydrates 34 g 11%	Carbohydrates 33 g 11%	Carbohydrates 32 g 11%	Carbohydrates 33 g 11%
Dietary Fibre 3 g 10%	Dietary Fibre 2 g 10%	Dietary Fibre 3 g 11%	Dietary Fibre 3 g 10%	Dietary Fibre 2 g 9%
Sugars 15 g	Sugars 17 g	Sugars 15 g	Sugars 15 g	Sugars 16 g
Protein 2 g	Protein 2 g	Protein 3 g	Protein 3 g	Protein 3 g
Vitamin A 4%	Vitamin A 6%	Vitamin A 6%	Vitamin A 6%	Vitamin A 4%
Vitamin C 0%	Vitamin C 0%	Vitamin C 2%	Vitamin C 0%	Vitamin C 2%
Calcium 2%	Calcium 2%	Calcium 2%	Calcium 2%	Calcium 2%
Iron 8%	Iron 6%	Iron 8%	Iron 10%	Iron 8%

Oatmeal Chocolate Chip DeLite 5003-D/4-D	Oatmeal DeLite 6003-D/4-D	Vanilla DeLite All 8003-Specialty DeLites	Ice Dawg IV	Ice Dawg I
Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (50 g)	Nutritional Facts Serving Size 1 DeLite (45 g)	Nutritional Facts Serving Size 68 g	Nutritional Facts Serving Size 68 g
Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value	Amount Per Serving % Daily Value
Calories 190	Calories 190	Calories 190	Calories 180	Calories 190
Fat 5 g 8%	Fat 5 g 8%	Fat 8 g 13%	Fat 5 g 13%	Fat 5 g 13%
Saturated 1.5 g 8%	Saturated 1.5 g 7%	Saturated 2 g 11%	Saturated 2.5 g 12%	Saturated 2.5 g 12%
Trans 0 g	Trans 0 g	Trans 0 g	Trans 0 g	Trans 0 g
Omega-6 1.5 g	Omega-6 2 g	Omega-6 3.19 g	Omega-6 1 g	Omega-6 1 g
Omega-3 .2 g	Omega-3 .2 g	Omega-3 .44 g	Omega-3 0 g	Omega-3 0 g
Cholesterol 15 mg 5%	Cholesterol 15 mg 6%	Cholesterol 15 mg 5%	Cholesterol 20 mg 5%	Cholesterol 20 mg 5%
Sodium 120 mg 5%	Sodium 130 mg 5%	Sodium 65 mg 3%	Sodium 120 mg 5%	Sodium 115 mg 5%
Carbohydrates 33 g 11%	Carbohydrates 32 g 11%	Carbohydrates 26 g 9%	Carbohydrates 32 g 11%	Carbohydrates 32 g 11%
Dietary Fibre 3 g 11%	Dietary Fibre 3 g 10%	Dietary Fibre 2 g 7%	Dietary Fibre 2 g 8%	Dietary Fibre 2 g 8%
Sugars 14 g	Sugars 13 g	Sugars 11 g	Sugars 18 g	Sugars 18 g
Protein 3 g	Protein 4 g	Protein 3 g	Protein 3 g	Protein 3 g
Vitamin A 4%	Vitamin A 6%	Vitamin A 8%	Vitamin A 6%	Vitamin A 6%
Vitamin C 0%	Vitamin C 0%	Vitamin C 0%	Vitamin C 2%	Vitamin C 2%
Calcium 2%	Calcium 2%	Calcium 0%	Calcium 4%	Calcium 4%
Iron 10%	Iron 10%	Iron 6%	Iron 8%	Iron 6%
		20% Sell	20% Sell	20% Sell

**Meets Ontario Government Guidelines for Food
and Beverage Healthy Food Policy PPM150**