



Smartfood® Delight White Cheddar Popcorn – .5 oz. (14 g)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	1 package 70
Calories from Fat	20
	%Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	6%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
*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
Potassium	3,500mg 3,500mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

Ingredients:

Popcorn, Vegetable Oil (Corn, Canola and/or Sunflower Oil), Maltodextrin (Made From Corn), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Reduced Lactose Whey, Salt, Whey, Whey Protein Concentrate, Buttermilk, Potassium Chloride, Natural Flavors, Yeast Extract, Lactic Acid, and Citric Acid.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-25566-0
Bag UPC	0-28400-04096-3
Case Pack	72/.5 oz. bags
Kosher Status	Not Kosher
USDA Smart Snack Compliant	Yes- Whole Grain first ingredient
Grain- oz. eq.	0
Weight of Grain	0
Document Updated	1/16

For clarification of Smartfood Delights as a Smart Snack product, see excerpt below from USDA SP 30-2014 v. 2 Q&A p. 8, Question 10 and attached results from the Smart Snack product calculator.



I verify the above information is accurate as of 1/19/16.

Jan Ruegg
Jan Ruegg

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10. May popcorn qualify as a Smart Snack?

Popcorn is a whole grain and may be eligible as a smart snack, provided it meets all applicable standards. The ingredient label must list the first ingredient as popcorn to meet the general standard. There are many different types of popcorn available on the market, some with added fats and/or sugars, therefore, the nutrition facts panel or product specifications must be checked to determine if the product meets the nutrition standards.



Smart Snacks Product Calculator Results

Brand:
Smartfood Delight(r)

Product Name:
White Cheddar Popcorn

Serving Size:
14.18 g

First Ingredient:
Popcorn

• Your whole grain product meets all nutrient standards.

Nutrition Facts

Serving Size 0.5 oz (about 14.18 g) ⓘ

Amount Per Serving

Calories 70

Calories from Fat 20

Total Fat (g) 2.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 110

Carbohydrates

Sugars (g) 0

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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