

## Lemon Chalet Cremes™

### Nutrition Facts

Serving Size 1 Cookie (16g)  
Servings Per Container about 14  
Amount Per Serving

Calories 80	Calories from Fat 25	% Daily Value*	
<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 40mg			<b>2%</b>
<b>Total Carbohydrate</b> 12g			<b>4%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 6g			
<b>Protein</b> less than 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable oil (soybean, palm, palm kernel, partially hydrogenated soybean and/or cottonseed oil with TBHQ for freshness), dextrose, contains two percent or less of invert sugar, salt, molasses, cornstarch, natural and artificial flavor, citric acid, baking soda, soy lecithin, cinnamon, whey, annatto color, turmeric color.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.**

Diet Exchange: 1 Carbohydrate, 1/2 Fat

## Trefoils

### Nutrition Facts

Serving Size 5 Cookies (33g)  
Servings Per Container about 9  
Amount Per Serving

Calories 150	Calories from Fat 60	% Daily Value*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 2g			<b>10%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 105mg			<b>4%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber less than 1g			<b>4%</b>
Sugars 6g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 4%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), partially hydrogenated vegetable oil (soybean, cottonseed and/or palm oils, TBHQ and citric acid to preserve freshness), sugar, contains two percent or less of brown sugar, sweetened condensed whole milk (whole milk, sucrose), artificial flavor, buttermilk, salt, baking soda, soy lecithin, caramel color.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.**

Diet Exchange: 1 Carbohydrate, 1 Fat

## Do-si-dos®

### Nutrition Facts

Serving Size 2 Cookies (24g)  
Servings Per Container about 11  
Amount Per Serving

Calories 110	Calories from Fat 45	% Daily Value*	
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 1.5g			<b>8%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 85mg			<b>4%</b>
<b>Total Carbohydrate</b> 15g			<b>5%</b>
Dietary Fiber less than 1g			<b>4%</b>
Sugars 8g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 2%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, oatmeal, peanut butter (roasted peanuts, partially hydrogenated palm oil), partially hydrogenated vegetable oil (soybean, cottonseed and/or palm oils, TBHQ and citric acid to preserve freshness), dextrose, invert sugar, contains two percent or less of whey (milk), salt, leavening (baking soda, monocalcium phosphate), cornstarch, natural flavor (contains dairy), soy lecithin.

**CONTAINS WHEAT, PEANUT, MILK AND SOY INGREDIENTS.**

Diet Exchange: 1 Carbohydrate, 1 Fat

## Samoas®

### Nutrition Facts

Serving Size 2 Cookies (31g)  
Servings Per Container about 8  
Amount Per Serving

Calories 150	Calories from Fat 70	% Daily Value*	
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 5g			<b>25%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 50mg			<b>2%</b>
<b>Total Carbohydrate</b> 19g			<b>6%</b>
Dietary Fiber less than 1g			<b>4%</b>
Sugars 11g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		

INGREDIENTS: Sugar, partially hydrogenated vegetable oil (soybean, cottonseed, coconut, palm and/or palm kernel oils, TBHQ and citric acid to preserve freshness), enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), corn syrup, coconut, sweetened condensed whole milk (whole milk, sucrose), sorbitol, contains two percent or less of cocoa, glycerin, salt, dextrose, invert sugar, cocoa powder (processed with alkali), cornstarch, natural and artificial flavors, soy lecithin, carrageenan, leavening (baking soda, monocalcium phosphate).

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS**

Diet Exchange: 1 Carbohydrate, 1 Fat

## All Abouts

### Nutrition Facts

Serving Size 3 Cookies (30g)  
Servings Per Container about 7  
Amount Per Serving

Calories 150	Calories from Fat 60	% Daily Value*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 75mg			<b>3%</b>
<b>Total Carbohydrate</b> 21g			<b>7%</b>
Dietary Fiber less than 1g			<b>2%</b>
Sugars 9g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 4%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, vegetable oil (palm, partially hydrogenated palm kernel, soybean and/or cottonseed oil with TBHQ for freshness), cocoa, contains two percent or less of invert sugar, natural and artificial flavor (contains dairy), salt, cornstarch, soy lecithin, leavening (baking soda, monocalcium phosphate).

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

Diet Exchange: 1 1/2 Carbohydrates, 1 Fat

SUGAR FREE

## Chocolate Chips

### Nutrition Facts

Serving Size 3 cookies (34g)  
Servings Per Container about 5  
Amount Per Serving

Calories 160	Calories from Fat 80	% Daily Value*	
<b>Total Fat</b> 9g			<b>14%</b>
Saturated Fat 3g			<b>15%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 140mg			<b>6%</b>
<b>Total Carbohydrate</b> 22g			<b>7%</b>
Dietary Fiber 2g			<b>8%</b>
Sugars 0g			
Sugar Alcohol 7g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 6%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), vegetable oil (partially hydrogenated soybean oil, palm oil and partially hydrogenated cottonseed oil with TBHQ for freshness), sugar free chocolate chips (maltitol, chocolate processed with alkali, cocoa butter, soy lecithin, natural flavor), maltitol, lactitol, polydextrose, sorbitol, maltodextrin, contains two percent or less of salt, natural and artificial flavor, (contains dairy), leavening (baking soda, sodium acid pyrophosphate), cornstarch, cellulose gum, guar gum, xanthan gum, soy lecithin, sodium stearoyl lactylate, acesulfame potassium, caramel color, sucralose. \*Excess consumption may have a laxative effect.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS. MAY CONTAIN TRACES OF TREE NUTS.**

Diet Exchange: 1 1/2 Carbohydrates, 2 Fats

## Tagalongs®

### Nutrition Facts

Serving Size 2 Cookies (27g)  
Servings Per Container about 8  
Amount Per Serving

Calories 150	Calories from Fat 90	% Daily Value*	
<b>Total Fat</b> 10g			<b>15%</b>
Saturated Fat 4g			<b>20%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 100mg			<b>4%</b>
<b>Total Carbohydrate</b> 14g			<b>5%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 8g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		

INGREDIENTS: Roasted peanuts, sugar, partially hydrogenated vegetable oil (soybean, cottonseed, palm and/or palm kernel oils, TBHQ and citric acid to preserve freshness), enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), dextrose, cocoa, contains two percent or less of peanut oil, invert sugar, salt, cornstarch, soy lecithin, artificial flavor, leavening (baking soda, monocalcium phosphate), whey (milk).

**CONTAINS PEANUT, WHEAT, MILK AND SOY INGREDIENTS.**

Diet Exchange: 1 Carbohydrate, 2 Fats

## Thin Mints

### Nutrition Facts

Serving Size 4 Cookies (32g)  
Servings Per Container about 9  
Amount Per Serving

Calories 150	Calories from Fat 60	% Daily Value*	
<b>Total Fat</b> 7g			<b>11%</b>
Saturated Fat 4.5g			<b>23%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 115mg			<b>5%</b>
<b>Total Carbohydrate</b> 20g			<b>7%</b>
Dietary Fiber 1g			<b>4%</b>
Sugars 10g			
<b>Protein</b> 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 4%		

INGREDIENTS: Enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid), sugar, partially hydrogenated vegetable oil (soybean, cottonseed, palm and/or palm kernel oils, TBHQ and citric acid to preserve freshness), cocoa, caramel color, contains two percent or less of cocoa processed with alkali, invert sugar, whey (milk), leavening (baking soda, monocalcium phosphate), cornstarch, salt, soy lecithin, artificial flavor, oil of peppermint.

**CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

Diet Exchange: 1 Carbohydrate, 1 Fat

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