

Preferred Meal Systems, Inc.
Product Specification Sheet



Item **9117**

NUTRIENT INFORMATION PER SERVING

Item Name	Chocolate Cookie	CALORIES	120.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.0 (GM)
CN Number:		CARBOHYDRATES	19.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	1.10 (oz) 31.19 (g)	Sugar	6.0 (GM)
Servings Per Package:	1	TOTAL FAT	5.0 (GM)
Weight Per Serving:	1.10 (oz) 31.19 (g)	SATURATED FAT	1.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a 1.1 oz serving of a WG chocolate chip cookie.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	37.5 (%)
Grain/Bread Equivalent :	1.00 Whole Grain	% Calories from Sat. Fat	7.5 (%)
Fruit :		CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	45.0 (MG)
Vegetable :		VITAMIN A	0.0 (RE)
Preparation Instructions:	Dry storage.	VITAMIN C	0.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.7 (MG)
		POTASSIUM	
		PHOSPHORUS	

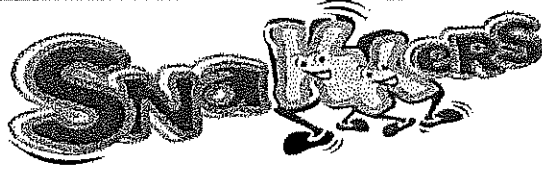
No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

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CHOCOLATE – WHOLE GRAIN

Nutrition Facts	
Serving Size 1: 1 oz (31.1 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 45
Calories From Saturated Fat 10	
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 2g	4%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	4%

WHOLE GRAIN OAT FLOUR, WHOLE GRAIN ENRICHED WHEAT FLOUR (NIACIN, REDUCED IRON, RIBOFLAVIN, THIAMINE MONONITRATE, FOLIC ACID), CORN SYRUP, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL, HYDROGENATED COTTONSEED OIL), SUGAR, COCOA, BAKING SODA, NATURAL FLAVORS, SALT.

May 21, 2015