



Honey Maid Graham's are a delicious way to add whole grain to you and your family's day.

**NUTRITION
PROFESSIONAL
INSIDER LOOK!**

Together Time

CREATE WHOLESOME MOMENTS WITH ALL OUR PRODUCT OFFERINGS:



Honey Maid Honey Graham's

Honey Maid Cinnamon Graham's
Natural Flavor with Other Natural Flavor



Honey Maid Honey Graham's
Nutrition as shown on 14.4 oz. box

Nutrition Facts

about 14 servings per container
Serving size **8 crackers (30g)**
(1 serving = 2 full cracker sheets)

Amount per serving
Calories 130

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.9mg	6%
Potassium 50mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DISCOVER THE DELICIOUSNESS OF HONEY MAID!

- ✓ Honey Maid Graham's are made with real honey or cinnamon
- ✓ No high fructose corn syrup
- ✓ 8g whole grain per 30g serving*

*Nutritionists recommend eating 48g or more of whole grains throughout the day.



Be fully present for all the little moments by sharing your snacks and time together with family and friends.

Create Wholesome Moments.

Developed by & for nutrition professionals. For whole grain recipes, visit www.snackworks.com/.