

Newtons

Newtons Fruit Chewy Cookies are made with real fruit and have 5-9g of whole grain per 29g serving.

**NUTRITION
PROFESSIONAL
INSIDER LOOK!**



ENJOY NEWTONS OFFERINGS:

Newtons Fig Fruit Chewy Cookies
Newton's Strawberry Fruit Chewy Cookies
Newton's Fat Free Fig Fruit Chewy Cookies
Newton's 100% Whole Grain Wheat Fig Fruit Chewy Cookies

Newtons Fig Fruit Chewy Cookies
Nutrition as shown on 6.5 oz. pack

Nutrition Facts	
about 6 servings per container	
Serving size	2 cookies (29g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.6mg	4%
Potassium 70mg	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.

WHY CHOOSE NEWTONS?

- ✓ Made with real fruit
- ✓ No high fructose corn syrup
- ✓ 5-9g whole grain per 29g serving*

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

**Snack
Mindfully**

Whether at home or on-the-go, pause to fully enjoy the soft, chewy, made with real fruit deliciousness of Newtons Fruit Chewy Cookies.

Developed by & for nutrition professionals.
For smart snacking recipes, visit www.snackworks.com.