

**Dieters Delight Snack Mix**  
**Dutch Valley Foods**  
**November 28, 2007 - Revised**

<b>Nutrition Facts</b>	
Serving Size 1/4 cup (30g)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 140</b>	<b>Calories from Fat 80</b>
<b>% Daily Value*</b>	
<b>Total Fat 9g</b>	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 7g	
<b>Protein 4g</b>	
Vitamin A 4%	• Vitamin C 0%
Calcium 4%	• Iron 6%
*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
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Ingredients:** Almonds, Cashews, Raisins (raisins, vegetable oil (palm and/or sunflower oil) Golden Raisins (golden raisins, vegetable oil (palm and/or sunflower oil), sulfur dioxide added for color retention), Sunflower Seeds, Pumpkin Seeds.

**Components:** Almonds, Cashews, Raisins, Golden Raisins, Sunflower Seeds, Pumpkin Seeds.

**Allergen Information**

\*\*Contains: Tree Nuts (almonds, cashews), and Soy Ingredients.

\*\*Packaged in a facility that also processes products containing: peanuts, tree nuts, soybeans, milk, egg, fish, crustaceans shellfish and wheat ingredients.