



Cheetos® Crunchy Cheese Snacks – 1 oz. (28 g.)

Nutrition Facts	
Serving Size	1 package
Servings Per Container	1
Amount Per Serving	
Calories	150
Calories from Fat	90
%Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 13g	4%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%
Thiamin	8%
Riboflavin	4%
Niacin	4%
Vitamin B6	2%
*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
Sat 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:

Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Cheese Seasoning (Whey, Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Canola Oil, Maltodextrin [Made From Corn], Salt, Whey Protein Concentrate, Monosodium Glutamate, Natural and Artificial Flavors, Lactic Acid, Citric Acid, Artificial Color [Yellow 6]), and Salt.

CONTAINS MILK INGREDIENTS.

Case UPC	000-28400-32419-9
Bag UPC	0-28400-00907-9
Case Pack	104/1 oz. bags
Kosher Status	No
AHG Compliant	No
Grain – oz. eq. (16 g/serving)	1 oz. eq.
Weight of Grain	18.1 g
Document Updated	3/13

I verify the above information is accurate as of 3/4/13.

Jan Ruegg
Jan Ruegg
PepsiCo Foodservice/Vend
Nutrition Science

All products are accurately labeled with the most current information however, since the ingredients are subject to change at any time, we recommend you check the label on the specific product for the most current and accurate information.