



2 oz. Cookies	Regular Chocolate Chip	Smart Choice Chocolate Chip
Calories	210	190
Calories from fat	60	40
Total Fat	7g	4.5g
Saturated Fat	2.5g	2g
Trans Fat	0g	0g
Cholesterol	15mg	10mg
Sodium	110mg	150mg
Total Carbohydrate	34g	37g
Dietary Fiber	1g	less than 1g
Sugar	21g	15g
Protein	3g	3g
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	2%	2%
Iron	10%	6%
Vitamin E	0%	0%
Thiamin	0%	0%
Riboflavin	0%	0%
Niacin	0%	0%
Vitamin B6	0%	0%
Vitamin B12	0%	0%
Zinc	0%	0%

Excellent Source:
of 10 Essential
Vitamins and Minerals

Made With
Whole Grain
And They Taste So Good!

- Less than 30% of Calories from Fat
- Less than 10% Calories from Saturated Fat
- Less than 30% Added Sugar

1 Slice Bread = 1 Bread Equivalent

Smart Choice 2 oz. Chocolate Chip Cookies = 1.4 Bread Equivalent



EAT 48g OR MORE OF WHOLE GRAINS DAILY

Breakfast Child And Adult Care Food Program Meal Patterns				
Food Component & Food Items	Children Ages 1 & 2	Children Ages 3-5	Children Ages 6-12	Adults
Bread	1/2 slice	1/2 slice	1 slice	2 slices (servings)
Cornbread or Muffin	1/2 serving	1/2 serving	1 serving	2 servings

Breads must be made from enriched flour or whole grain flour.