

0% Trans Fat

# NEW Wellness Options from Best Maid



# The Best Options in 0% Trans Fat

More sizes, more flavors, more choices all available in dough, baked and individually wrapped. Excellent for schools, health care, and healthy offerings for everyone.



## Wellness Options

### Option 1:

	240/1oz Dough	220/1.33oz Dough	200/1.5oz Dough	180/2oz Dough	120/1oz IW* Baked
Chocolate Chip	70029	70056	70034	70036	70007
Chocolate Chip w/ M & M's™	70028		70033	70037	70008
Oatmeal Chocolate Chip	70027			70038	
Sugar	70025				
Oatmeal Blueberry	70064			70069	70070

\*IW = Individually Wrapped

- Less than **27%** Calories from **Total Fat**
- Less than **9%** Calories from **Sat. Fat**
- Less than **30%** of total weight from **sugars**
- **Whole grains as first ingredient**
- Zero Trans Fats
- 0.45 Bread Equivalent (based on 1oz Chocolate Chip Cookie)
- Iron Enriched
- 1oz meets lowfat requirement of less than 3 grams of total fat per serving.

**Nutritional Information** All figures based on 1oz size serving

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	IRON % D.V.	PROTEIN (g)	SODIUM (mg)
Chocolate Chip	110	30	3	1	0	10	19	1	9	6	1	150
Chocolate Chip w/ M & M's™	110	25	3	1	0	10	19	1	9	6	1	150
Sugar	100	20	2	0.5	0	10	19	1	8	6	1	150
Oatmeal Chocolate Chip	100	30	3	1	0	10	18	1	8	6	2	140
Oatmeal Blueberry	110	25	2.5	0.5	0	10	18	<1	9	6	2	135

### Option 2:

	240/1oz Dough	200/1.5oz Dough	180/2oz Dough	72/1oz Baked	48/2oz Baked	144/1oz IW* Baked	48/2oz IW* Baked
Chocolate Chip	8P818	5P818	2P818	6818	24818	W818	W24818
Chocolate Chip w/ M & M's™	8P820	5P820	2P820		24820	W820	W24820
Double Chocolate Chip	8P821	5P821	2P821		24821	W821	
Oatmeal Chocolate Chip		5P831		6831			
Sugar	8P811	5P811			24811	W811	

\*IW = Individually Wrapped

- Less than **27%** Calories from **Total Fat**
- Less than **20%** Calories from **Sat. Fat**
- Less than **30%** of total weight from **sugars**
- Zero Trans Fats
- 0.45 Bread Equivalent (based on 1oz Chocolate Chip Cookie)
- Iron enriched

**Nutritional Information** All figures based on 1oz size serving

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	IRON % D.V.	PROTEIN (g)	SODIUM (mg)
Chocolate Chip	110	30	3.5	1.5	0	10	19	<1	7	6	1	100
Chocolate Chip w/ M & M's™	110	30	3.5	1.5	0	15	19	0	7	6	2	105
Double Chocolate Chip	110	30	3.5	1.5	0	10	18	1	7	6	2	100
Oatmeal Chocolate Chip	110	30	3.5	1.5	0	15	18	<1	7	6	2	85
Sugar	100	25	2.5	1	0	20	18	0	10	8	2	80

### Snack Size Bars:

	90/1.8oz Bars
Oatmeal Chocolate Chip w/Chocolate Drizzle	70082
Oatmeal Blueberry w/White Drizzle	70083

- **Whole grain, healthy snacks for a la cart**
- Zero Trans Fat
- Individually Wrapped
- 0.8 Bread Equivalent (based on 1.8 oz serving)

**Nutritional Information** All figures based on 1.8oz size serving

	TOTAL CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	SUGARS (g)	IRON % D.V.	PROTEIN (g)	SODIUM (mg)
Oatmeal Chocolate Chip w/Chocolate Drizzle	200	50	6	2	0	15	34	2	15	10	3	240
Oatmeal Blueberry w/White Drizzle	200	40	4.5	1.5	0	20	35	2	16	4	3	210

