

0% Trans Fat

Reduced Fat  
or Lowfat

# NEW *Healthy 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

### Features & Benefits of Wellness Options:

- Less than 27% Calories from Total Fat
- Less than 9% Calories from Sat. Fat
- Less than 30% of total weight from sugars
- Made with whole wheat/whole oats 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

	LOWFAT 240/1oz Dough	220/1.33oz Dough	200/1.5oz Dough	180/2oz Dough	LOWFAT 120/1oz IW Baked
Chocolate Chip	7C329**	7C356	7C354	7C336	7C007**
Chocolate Chip w/ M & M's™	7C028**	7C057	7C053	7C037	7C008**
Oatmeal Chocolate Chip	7C327**	7C358	7C331	7C038	7C009**
Sugar	7C025**	7C059	7C050	7C035	7C011**
Oatmeal Blueberry	7C064**	7C067	7C068	7C059	7C070**

\*\*Signifies lowfat items (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	<	9	6	1	150
Chocolate Chip w/ M & M's™	110	25	3	1	0	10	19	<	9	6	1	150
Sugar	100	20	2	0.5	0	10	19	1	5	6	1	130
Oatmeal Chocolate Chip	100	30	3	1	0	10	18	1	9	6	2	140
Oatmeal Blueberry	110	25	2.5	0.5	0	10	15	<	9	6	2	135

## Reduced Fat Options

### Features & Benefits of Reduced Fat Options:

- 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

	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	8P815	5P518	2P518	6518	24818	W818	W24818
Chocolate Chip w/ M & M's™	8P820	5P520	2P520	6520	24820	W520	W24820
Double Chocolate Chip	8P821	5P821	2P821	6821	24821	W521	W24821
Oatmeal Chocolate Chip	8P831	5P831	2P831	6831	24831	W831	W24831
Sugar	8P811	5P811	2P811	6811	24811	W811	W24811

### 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	2	0	10	16	<	7	6	1	90
Chocolate Chip w/ M & M's™	110	30	3.5	2	0	10	17	0	7	6	1	95
Double Chocolate Chip	110	30	3.5	2.5	0	10	17	<	7	6	1	90
Oatmeal Chocolate Chip	110	35	3.5	2	0	10	15	1	7	6	2	75
Sugar	100	20	2.5	1.5	0	10	13	0	10	8	2	75

