



## Scoops "Healthy Choice" Gourmet Cookie Dough

# Nutritional Information

Trans Fat Free ~ Low in Saturated Fat ~ A Source of Iron

HEALTHY CHOICE CHOCOLATE CHIP	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 2 tbsp (43g/ 1 cookie) Portion 2 tbsp (43g/ 1 biscuit) Servings Per Container approx. 42 Portions par contenant environ. 42	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 6 g</b>	<b>9 %</b>
Saturated Fat / Lipides saturés 2 g	10 %
+ Trans Fat / lipides trans 0 g	
<b>Cholesterol / Cholestérol 5 mg</b>	<b>2 %</b>
<b>Sodium / Sodium 150 mg</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 27 g</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

HEALTHY CHOICE OATMEAL RAISIN	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 2 tbsp (43g/ 1 cookie) Portion 2 tbsp (43g/ 1 biscuit) Servings Per Container approx. 42 Portions par contenant environ. 42	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 6 g</b>	<b>9 %</b>
Saturated Fat / Lipides saturés 1.5 g	8 %
+ Trans Fat / lipides trans 0.1 g	
<b>Cholesterol / Cholestérol 10 mg</b>	<b>3 %</b>
<b>Sodium / Sodium 125 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 25 g</b>	<b>8 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 13 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

HEALTHY CHOICE DARK & WHITE CHOCOLATE CHUNKS	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 2 tbsp (43g/ 1 cookie) Portion 2 tbsp (43g/ 1 biscuit) Servings Per Container approx. 42 Portions par contenant environ. 42	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 170</b>	
<b>Fat / Lipides 6 g</b>	<b>9 %</b>
Saturated Fat / Lipides saturés 2 g	10 %
+ Trans Fat / lipides trans 0 g	
<b>Cholesterol / Cholestérol 5 mg</b>	<b>2 %</b>
<b>Sodium / Sodium 150 mg</b>	<b>6 %</b>
<b>Carbohydrate / Glucides 27 g</b>	<b>9 %</b>
Fibre / Fibres 1 g	4 %
Sugars / Sucres 16 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

HEALTHY CHOICE COCOA OATMEAL RAISIN	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 2 tbsp (43g/ 1 cookie) Portion 2 tbsp (43g/ 1 biscuit) Servings Per Container approx. 42 Portions par contenant environ. 42	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 5 g</b>	<b>8 %</b>
Saturated Fat / Lipides saturés 1.5 g	8 %
+ Trans Fat / lipides trans 0 g	
<b>Cholesterol / Cholestérol 10 mg</b>	<b>3 %</b>
<b>Sodium / Sodium 110 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 14 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

HEALTHY CHOICE OATMEAL CARAMEL	
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Serving Size 2 tbsp (43g/ 1 cookie) Portion 2 tbsp (43g/ 1 biscuit) Servings Per Container approx. 42 Portions par contenant environ. 42	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 160</b>	
<b>Fat / Lipides 5 g</b>	<b>8 %</b>
Saturated Fat / Lipides saturés 1.5 g	8 %
+ Trans Fat / lipides trans 0 g	
<b>Cholesterol / Cholestérol 10 mg</b>	<b>3 %</b>
<b>Sodium / Sodium 125 mg</b>	<b>5 %</b>
<b>Carbohydrate / Glucides 26 g</b>	<b>9 %</b>
Fibre / Fibres 2 g	8 %
Sugars / Sucres 13 g	
<b>Protein / Protéines 3 g</b>	
Vitamin A / Vitamine A	6 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

**HEALTHY CHOICE CHOCOLATE CHIP INGREDIENTS:**  
flour, sugar, vegetable oil margarine (liquid canola oil, modified palm and palm kernel oils), chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose, soy lecithin, salt, artificial flavour), liquid invert sugar, water, liquid whole eggs, cooking molasses, modified milk ingredients, sodium bicarbonate, natural flavour and salt.

**HEALTHY CHOICE OATMEAL RAISIN INGREDIENTS:**  
flour, oats, sugar, vegetable oil margarine (liquid canola oil, modified palm and palm kernel oil), raisins, liquid whole eggs, liquid invert sugar, cooking molasses, water, sodium bicarbonate, spices, natural flavour and salt.

**HEALTHY CHOICE DARK & WHITE CHOCOLATE CHUNK INGREDIENTS:**  
flour, sugar, vegetable oil margarine (liquid canola oil, modified palm and palm kernel oils), liquid invert sugar, dark chocolate chunks (sugar, chocolate liquor, cocoa butter, soy lecithin, vanilla, artificial flavour, salt), white chocolate chunks (sugar, cocoa butter, milk, soy lecithin, artificial flavour, salt), water, liquid whole eggs, cooking molasses, sodium bicarbonate, modified milk ingredients, natural flavour and salt.

**HEALTHY CHOICE COCOA OATMEAL RAISIN INGREDIENTS:**  
raisins, oats, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), whole wheat flour, brown sugar, sugar, flour, liquid whole eggs, water, cocoa, liquid invert sugar, natural and artificial flavours, sodium bicarbonate and salt.

**HEALTHY CHOICE OATMEAL CARAMEL INGREDIENTS:**  
oats, vegetable oil margarine (modified palm and palm kernel oil, liquid canola oil), whole wheat flour, brown sugar, sugar, raisin, flour, liquid whole eggs, water, crisp rice (rice, sugar, glucose-fructose, salt, malt flavoring, vitamins, iron and BHT), liquid invert sugar, wheat bran, sodium bicarbonate, natural flavours, salt.

ALL PRODUCTS Contain wheat, eggs, milk and soy. Processed in a plant that contains peanuts, tree nuts, sulphites and tartrazine.

## FUTURE FUNDRAISING

1.800.815.8326

[www.futurefundraising.com](http://www.futurefundraising.com)

702-1515 Broadway Street, Port Coquitlam, BC V3C 6M2  
email: scoops@shaw.ca