



-COMMERCIAL CONFIDENTIAL-

April 23, 2007

Method for Calculating Grains / Bread Contribution in New Clodhopper® Crunch toward the meal pattern requirements of the Child Nutrition Programs.

According to the FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS, one Grains/Breads serving provides not less than 14.75 grams of Enriched or Whole Grain Flour per serving.

Clodhopper Crunch is made with Whole Grain Rolled Oats, Whole Wheat Flour, Enriched Corn Flour Blend and Enriched Rice Flour. Each 30 gram package delivers (1) one Grain Bread Serving. See Calculation Below.

- Each 30gram (1.06 oz.) *Clodhopper* ® *Crunch* package :

Contains 1 (one) grains/bread serving or

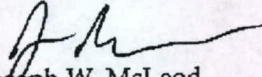
3.20 grams of Enriched Corn Flour
1.55 grams of Whole Wheat Flour
9.05 grams of Rolled Oats
1.00 grams of Enriched Rice Flour

14.80 grams of Credible Grains per 30 gram package

MEETS NUTRITIONAL GUIDELINES

- ✓ **0 GRAMS TRANS FAT**
- ✓ **NO MORE THAN 30% OF CALORIES FROM FAT**
- ✓ **NO MORE THAN 10% OF CALORIES FROM SATURATED FAT**
- ✓ **NO MORE THAN 30% ADDED SUGAR BY WEIGHT**

Yours truly,
Brookside Fruit Company


Joseph W. McLeod
Director, Technical Services

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BROOKSIDE



NUTRITION FACTS

CLODHOPPERS CRUNCH

April 22/07

Serving Size 1 package (30g)

Servings per container 1

Amount Per Serving

Calories	135	Calories from Fat	40
		% Daily Value*	
Total Fat	4.5g		7%
Saturated Fat	1.5g		8%
Trans Fat	0g		0%
Cholesterol	0g		0%
Sodium	80mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	1.5		6%
Sugars	8g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium	Less than	3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

Nutrition Facts

Serving Size 1 package (30g)

Servings Per Container 1

Amount Per Serving

Calories 135

	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Potassium 90mg	
Total Carbohydrate 22g	7%
Dietary Fiber 1.5g	6%
Sugars 8g	
Protein 3g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Vitamin A	0%
Vitamin C	0%
Calcium	2%
Iron	6%
Vitamin D	0%
Vitamin E	0%
Thiamin	10%
Riboflavin	4%
Niacin	4%
Vitamin B6	2%
Folate	4%
Vitamin B12	0%
Biotin	0%
Pantothenic Acid	2%
Phosphorus	6%
Iodine	0%
Magnesium	6%
Zinc	4%
Copper	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:


Fat 9 Carbohydrate 4 Protein 4

wheat
Soy
milk
traces of tree nuts

INGREDIENTS: WHOLE GRAIN OATS, ENRICHED CORN FLOUR, WHOLE WHEAT FLOUR, ENRICHED RICE FLOUR BLEND (CORN FLOUR, WHOLE WHEAT FLOUR, RICE FLOUR, FERROUS SULFATE, NIACIN, THIAMINE MONONITRATE, RIBOFLAVIN AND FOLIC ACID), SUGAR, SOYBEAN OIL, FRACTIONATED PALM KERNEL OIL, BROWN SUGAR, WHEY POWDER (MILK), SKIM MILK POWDER, CORN SYRUP, WHEAT STARCH, HONEY, BARLEY MALT EXTRACT, SODIUM BICARBONATE, SALT, SOYA LECITHIN, ARTIFICIAL FLAVOR, VANILLA, TOCOPHEROLS.

Equals One Bread
ALLERGEN INFORMATION: CONTAINS MILK, WHEAT, AND SOY. MADE IN A PEANUT-FREE FACILITY. MAY CONTAIN TRACES OF ALMONDS, MACADAMIA NUTS, CASHEWS, PECANS, AND HAZELNUTS.
 Keep in a cool, dry place.

Distributed By:
 Brookside Fruit Company, Inc.
 PO Box 388, Sumas WA 98295
 Product of Canada

 We want to hear from you!
 Email: clodhoppers@brooksidefruitcompany.com

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Nutrition Facts
 Serving Size 1 package (30g)
 Servings Per Container 1

Amount Per Serving		
Calories 135	Calories from Fat 40	
		% Daily Value*
Total Fat 4.5g		7%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 80mg		3%
Total Carbohydrate 22g		7%
Dietary Fiber 1.5g		6%
Sugars 8g		
Protein 3g		
Vitamin A 0%	Vitamin C 0%	
Calcium 2%	Iron 6%	

* 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
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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4