

MY INSPIRATION, MY MOTHER

High up in the mountains, not far from the Cedars of Lebanon, the land of Khalil Gebran, is a small village called Akabet Hairouna. This is where Aleece was taught by her mother and grandmother the tradition of making the pita bread. Aleece has carried this tradition to East Peoria, Illinois.



Aleece's Pita Chips is a guarded family recipe, a tradition in excellence that provides the best in quality.

Founded on tradition, Aleece's brings the best in snack food to your table.

Our mission is to ensure our clients' expectations are exceeded. We combine exceptional customer service with a high-quality snack food and a tradition in excellence that provides the best quality. Our commitment to maintaining this quality and using only all natural ingredients makes Aleece's Pita Chips the best in the nation!

We promise you the best quality. Our reputation depends on it.



And Irresistible Cheese Spreads

Aleece's Pita Chips

www.aleeces.com • East Peoria, IL

Alice T. Anthony, Founder

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Introducing Aleece's Whole Grain variety Pita Chips, made with whole grain flour and baked to perfection.

Aleece's stresses the quality and authenticity of the ingredients and the heritage of our family recipe. The masterful blend cannot be matched in taste because of richness and purity of our pita chips. Aleece's Pita Chips contain no Trans Fats, Saturated Fats or Cholesterol.

WHOLE GRAIN FLAVORS

Hearty Herb Pita Chips Item #670920

are made with a special blend of herbs.

Sugar & Spice Pita Chips Item #670922

are slightly sweet and savory, and made with a special blend of sugar & spices.

Whole Wheat Pita Chips

a flavorful wheat chip!

White & Perfect Pita Chips

a perfect white chip!

Hot & Spicy Pita Chips

a rich blend of spicy flavors.

Our chips are packaged in 16 oz. bags (6 per case), 6 oz. bags (12 per case) and 15 oz. tubs (6 per case).

Aleece's Pita Chips -- enjoyed plain as a nutritionally sensible snack, but also wonderful with salads, soups, yogurt, hummus, soup and salad, and as topping for your casseroles.

Our pita chips are **wonderful with Aleece's Cheese Spreads**. Try all three flavors of our irresistible cheese spreads: **Garlic & Herbs, South of the Border, and BLT**. Cheeses are available in 7 oz. tubs, packaged 12 to a case.



Why whole grain?

In 2006, the Federal Food and Drug Administration issued guidance recommending consumers should eat whole grain daily. The guidelines require whole grain products to contain bran, germ, and endosperm.

DIETARY GUIDELINES FOR WHOLE GRAIN

According to the Whole Grains Council, the 2010 Dietary Guidelines for Americans recommends different amounts of calories and foods according to your age and activity level. Overall, the Guidelines recommend that all Americans eat 3 to 5 servings or more of whole grains every day. The good news is that whole grains are delicious and satisfying, and it's not hard to get your recommended servings.

WHAT IS AN "OUNCE-EQUIVALENT?"

The U.S. Guidelines actually say you should eat a specified number of "ounce-equivalents" instead of servings. Because a slice of bread, a cup of cold cereals, and the amount of dry rice or pasta that cooks up to ½ cup all weigh about an ounce, the Guidelines thought this would be more specific and understandable than saying "serving".

The Whole Wheat varieties of Aleece's Pita Chips can be measured as a 0.9 oz serving equal to a bread serving.

Nutrition Facts

Serving Size 25 g (0.9 oz)			
Servings per Container 1			
Amount per Serving			
Calories	80	Calories from Fat 0	
% Daily Value*			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	65mg	3%	
Total Carbohydrate	15g	5%	
Dietary Fiber	1g	2%	
Sugars	1g		
Protein	3g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
	Fat	9	Carbohydrates 4 • Protein 4

INGREDIENTS: Whole Grain Hard white Whole Wheat Flour, Water, Sugar, Salt, Olive Oil, Yeast

CONTAIN WHEAT: