

THRIVE™ 1 Year 1 Person Food Supply

Nutritional Information



Hard White Winter Wheat

Nutrition Facts			
Serving Size ¼ cup (45g)			
Servings Per Container 50			
Amount Per Serving			
Calories	150	Calories from Fat	5
% Daily Value*			
Total Fat	0.5g		1%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	34g		11%
Dietary Fiber	6g		25%
Sugars	0g		
Protein	6g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 10%
*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	

INGREDIENTS: HARD WHITE WHEAT.

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

White Rice

Nutrition Facts			
Serving Size ¼ cup (50g)			
Servings Per Container About 46			
Amount Per Serving			
Calories	160	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	36g		12%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	3g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 6%
Thiamin	15%	•	Folate 20%
Niacin	8%	•	
*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	

INGREDIENTS: LONG GRAIN RICE ENRICHED WITH NIACIN, FERRIC PHOSPHATE, THIAMIN MONONITRATE, AND FOLIC ACID.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Pearled Barley

Nutrition Facts			
Serving Size ¼ cup (45g)			
Servings Per Container 50			
Amount Per Serving			
Calories	167	Calories from Fat	10
% Daily Value*			
Total Fat	1g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	31g		10%
Dietary Fiber	8g		31%
Sugars	<1g		
Protein	5g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 8%
*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	

INGREDIENTS: PEARLED BARLEY.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Whole Wheat Flour

Nutrition Facts			
Serving Size ¼ cup (35g)			
Servings Per Container About 52			
Amount Per Serving			
Calories	110	Calories from Fat	10
% Daily Value*			
Total Fat	1g		1%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	22g		7%
Dietary Fiber	4g		15%
Sugars	0g		
Protein	4g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	0%	•	Iron 8%
*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	

INGREDIENTS: WHOLE WHEAT FLOUR.

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

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White Flour

Cornmeal

Elbow Macaroni

Potato Chunks

Nutrition Facts

Serving Size ¼ cup (35g)
Servings Per Container 51

Amount Per Serving

Calories 128 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber <1g **5%**

Sugars <1g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

Thiamin 15% • Riboflavin 8%

Niacin 8% • Folate 10%

*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

INGREDIENTS: BLEACHED WHEAT FLOUR, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN, ENZYME (IMPROVES YEAST BAKING), FOLIC ACID.

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Nutrition Facts

Serving Size ¼ cup (42g)
Servings Per Container 46

Amount Per Serving

Calories 150 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 34g **11%**

Dietary Fiber 0g **1%**

Sugars 0g

Protein 3g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 0%

*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

INGREDIENTS: GROUND YELLOW DENT CORN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Nutrition Facts

Serving Size ½ cup (45g)
Servings Per Container 24

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 36g **12%**

Dietary Fiber 1g **3%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 8%

Thiamin 29% • Folate 66%

Niacin 15% •

*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

INGREDIENTS: DURUM WHEAT SEMOLINA, [ENRICHED WITH IRON (FERROUS SULFATE) AND B VITAMINS (NIACIN, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID).]

CONTAINS: WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Nutrition Facts

Serving Size ¼ cup (20g)
Servings Per Container 48

Amount Per Serving

Calories 70 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **5%**

Sugars 1g

Protein 2g

Vitamin A 0% • Vitamin C 10%

Calcium 2% • 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

INGREDIENTS: DEHYDRATED POTATO CHUNKS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

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Sweet Corn (Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (14g)
Servings Per Container About 43

Amount Per Serving

Calories 45 Calories from Fat 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 11g **4%**

Dietary Fiber 2g **7%**

Sugars 3g

Protein 2g

Vitamin A 2% • Vitamin C 6%

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

INGREDIENTS: SWEET CORN

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Broccoli (Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (4g)
Servings Per Container 52

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 2g **1%**

Dietary Fiber 1g **5%**

Sugars <1g

Protein 1g

Vitamin A 15% • Vitamin C 6%

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

INGREDIENTS: BROCCOLI.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Carrot Dices (Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (32g)
Servings Per Container 46

Amount Per Serving

Calories 110 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 25g **8%**

Dietary Fiber 3g **10%**

Sugars 16g

Protein 3g

Vitamin A 140% • Vitamin C 40%

Calcium 6% • 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

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

INGREDIENTS: DEHYDRATED CARROT DICES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Bananas (Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (11g)
Servings Per Container 42

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **5%**

Sugars 6g

Protein 1g

Vitamin A 0% • Vitamin C 6%

Calcium 0% • Iron 0%

*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

INGREDIENTS: BANANAS, CITRIC ACID, ASCORBIC ACID.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Strawberries
(Freeze Dried)

Nutrition Facts			
Serving Size ¼ cup (5g)			
Servings Per Container 45			
Amount Per Serving			
Calories 15		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		6%
Sugars	3g		
Protein	0g		
Vitamin A 0% • Vitamin C 60%			
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

INGREDIENTS: STRAWBERRIES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Raspberries
(Freeze Dried)

Nutrition Facts			
Serving Size ¼ cup (5g)			
Servings Per Container About 48			
Amount Per Serving			
Calories 18		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	4g		1%
Dietary Fiber	1g		4%
Sugars	2g		
Protein	<1g		
Vitamin A 0% • Vitamin C 10%			
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

INGREDIENTS: RASPBERRIES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Apple Slices

Nutrition Facts			
Serving Size ¼ cup (9g)			
Servings Per Container About 45			
Amount Per Serving			
Calories 35		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat 0g			
Cholesterol	0mg		0%
Sodium	7mg		0%
Total Carbohydrate	8g		3%
Dietary Fiber	1g		5%
Sugars 6g			
Protein	0g		
Vitamin A 0% • Vitamin C 0%			
Calcium 0%		• Iron 0%	
*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

INGREDIENTS: APPLES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Chopped Onions
(Freeze Dried)

Nutrition Facts			
Serving Size ¼ cup (8g)			
Servings Per Container About 52			
Amount Per Serving			
Calories 30		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	6g		2%
Dietary Fiber	1g		5%
Sugars	5g		
Protein	<1g		2%
Vitamin A 0% • Vitamin C 8%			
Calcium 0% • Iron 0%			
*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

INGREDIENTS: WHITE ONION.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Powdered Milk

Nutrition Facts			
Serving Size 3 tbsp (29g)			
Servings Per Container 53			
Amount Per Serving			
Calories	110	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	10mg		2%
Sodium	150mg		6%
Total Carbohydrate	16mg		5%
Dietary Fiber	0g		0%
Sugars	16g		
Protein	11g		
Vitamin A 0% • Vitamin C 4%			
Calcium 40% • Iron 0%			
*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	

INGREDIENTS: NONFAT POWDERED MILK.
CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Instant Milk

Nutrition Facts			
Serving Size 3 tbsp (29g)			
Servings Per Container About 53			
Amount Per Serving			
Calories	100	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		1%
Trans Fat	0g		
Cholesterol	5mg		2%
Sodium	140mg		6%
Total Carbohydrate	15g		5%
Dietary Fiber	0g		0%
Sugars	15g		
Protein	10g		
Vitamin A 15% • Vitamin C 4%			
Calcium 35% • Iron 0%			
Vitamin D 40% •			
*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	

INGREDIENTS: NONFAT MILK SOLIDS, VITAMIN A PALMITATE, AND VITAMIN D3.
CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Cheese Blend

Nutrition Facts			
Serving Size ¼ Cup (40g)			
Servings Per Container About 45			
Amount Per Serving			
Calories	170	Calories from Fat	70
% Daily Value*			
Total Fat	8g		13%
Saturated Fat	6g		28%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	160mg		7%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	2g		
Vitamin A 0% • Vitamin C 0%			
Calcium 10% • Iron 0%			
*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	

INGREDIENTS: WHEY SOLIDS, MALTODEXTRIN, MILK FAT, SALT, BUTTERMILK, CHEDDAR CHEESE (PASTEURIZED MILK, CULTURES, SALTS, ENZYMES), DI-SODIUM PHOSPHATE, XANTHAN GUM, ARTIFICIAL FLAVORING AND COLORING (YELLOW #5 AND #6).
CONTAINS: MILK.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Chocolate Drink Mix

Nutrition Facts			
Serving Size ¼ Cup (40g)			
Servings Per Container About 45			
Amount Per Serving			
Calories	170	Calories from Fat	70
% Daily Value*			
Total Fat	8g		13%
Saturated Fat	6g		28%
Trans Fat	0g		
Cholesterol	20mg		7%
Sodium	160mg		7%
Total Carbohydrate	25g		8%
Dietary Fiber	0g		0%
Sugars	12g		
Protein	2g		
Vitamin A 0% • Vitamin C 0%			
Calcium 10% • Iron 0%			
*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	

INGREDIENTS: SUGAR, WHEY, NON FAT NON INSTANT MILK, NON DAIRY CREAMER (COCONUT OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, DIPOTASSIUM PHOSPHATE, MONO AND DIGLYCERIDES, SOY LECITHIN), COCOA (PROCESSED WITH ALKALI), GUAR GUM AND XANTHAN GUM., NATURAL AND ARTIFICIAL FLAVOR, SALT, VITAMIN A/D BLEND (VITAMIN A PALMITATE, MALTODEXTRIN, VITAMIN D3).
CONTAINS: MILK, SOY.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Whole Egg Powder

Nutrition Facts			
Serving Size 1 tbsp (5g)			
Servings Per Container 236			
Amount Per Serving			
Calories 30		Calories from Fat 20	
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat 0.5g			3%
Trans Fat 0g			
Cholesterol	80mg		27%
Sodium	25mg		1%
Total Carbohydrate	0g		0%
Dietary Fiber 0g			0%
Sugars 0g			
Protein	2g		
Vitamin A 0% • Vitamin C 0%			
Calcium 2%		• 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

INGREDIENTS: WHOLE EGGS, SODIUM SILICOALUMINATE.
CONTAINS: EGG.

PROCESSED IN A FACILITY THAT HANDLES MILK,
EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Chicken TVP

Nutrition Facts			
Serving Size ¼ Cup (25g)			
Servings Per Container About 45			
Amount Per Serving			
Calories 80		Calories from Fat 25	
		% Daily Value*	
Total Fat	3g		5%
Saturated Fat	0g		2%
Trans Fat 0g			
Cholesterol	0mg		0%
Sodium	520mg		22%
Total Carbohydrate	7mg		2%
Dietary Fiber	3g		14%
Sugars 2g			
Protein 11g			
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 10%			
*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

INGREDIENTS: TEXTURED SOY FLOUR, SOYBEAN OIL, SALT, AUTOLYZED YEAST EXTRACT, HYDROLYZED CORN PROTEIN, NATURAL SMOKE FLAVORING, THIAMINE HYDROCHLORIDE, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE.
CONTAINS: SOY.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY,
WHEAT, PEANUT & TREE NUT PRODUCTS.

Pinto Beans

Nutrition Facts			
Serving Size 3 tbsp (36g)			
Servings Per Container 55			
Amount Per Serving			
Calories 60		Calories from Fat 0	
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		0%
Total Carbohydrate	22g		7%
Dietary Fiber	14g		56%
Sugars	1g		
Protein	7g		
Vitamin A 0% • Vitamin C 0%			
Calcium 4%		• Iron 15%	
*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

INGREDIENTS: PINTO BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK,
EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Lentils

INGREDIENTS: LENTILS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY,
WHEAT, AND TREE NUT PRODUCTS.

Beef TVP

Nutrition Facts			
Serving Size ¼ cup (29g)			
Servings Per Container 45			
Amount Per Serving			
Calories	100	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	540mg		22%
Total Carbohydrate	8g		3%
Dietary Fiber	4g		15%
Sugars	2g		
Protein	12g		
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 10%			
*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	

INGREDIENTS: TEXTURED VEGETABLE PROTEIN (SOY FLOUR, CARAMEL COLOR), SOYBEAN OIL, SALT, HYDRO-LYZED CORN-SOY-WHEAT PROTEIN, AUTOLYZED YEAST.

CONTAINS: SOY AND WHEAT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Taco TVP

Nutrition Facts			
Serving Size ¼ Cup (32g)			
Servings Per Container About 47			
Amount Per Serving			
Calories	116	Calories from Fat	45
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	0.5g		4%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	740mg		31%
Total Carbohydrate	9g		3%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	12g		
Vitamin A 0% • Vitamin C 0%			
Calcium 2% • 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	

INGREDIENTS: BLACK BEANS.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Iodized Salt

Nutrition Facts			
Serving Size ¼ tsp (1.8g)			
Servings Per Container 2,016			
Amount Per Serving			
Calories	0	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	710mg		29%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
*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	

INGREDIENTS: IODIZED SALT.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Chicken Bouillon

Nutrition Facts			
Serving Size 1 tsp (4g)			
Servings Per Container 575			
Amount Per Serving			
Calories	10	Calories from Fat	0
% Daily Value*			
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	700mg		29%
Total Carbohydrate	2g		1%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A 0% • Vitamin C 0%			
Calcium 0% • Iron 0%			
*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	

INGREDIENTS: MALTODEXTRIN, SALT, AUTOLYZED YEAST EXTRACT, VEGETABLES (CARROT, CELERY, GARLIC, ON-ION), NATURAL FLAVOR, TURMERIC EXTRACT AND SPICES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Beef Bouillon

Nutrition Facts		
Serving Size 1 tsp (4g)		
Servings Per Container About 575		
Amount Per Serving		
Calories	10	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	711mg	29%
Total Carbohydrate	2g	1%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		
*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

INGREDIENTS: MALTODEXTRIN, SALT, AUTOLYZED YEAST EXTRACT, VEGETABLES (CARROT, CELERY, GARLIC, ONION), NATURAL FLAVOR, CARAMEL COLOR AND SPICES.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

White Sugar

Nutrition Facts		
Serving Size 1 tsp (4g)		
Servings Per Container 646		
Amount Per Serving		
Calories	15	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	4g	1%
Dietary Fiber	0g	0%
Sugars	4g	
Protein	0g	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		
*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

INGREDIENTS: SUGAR.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Orchard Apple

Nutrition Facts		
Serving Size 2 tbsp (29g)		
Servings Per Container 85		
Amount Per Serving		
Calories	110	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	28g	9%
Dietary Fiber	0g	0%
Sugars	28g	
Protein	0g	
Vitamin A 10% • Vitamin C 50%		
Calcium 0% • Iron 0%		
Vitamin D 10% • Vitamin E 10%		
Niacin 10% • Vitamin B6 10%		
Folate 10% • Vitamin B12 10%		
Biotin 10% • Zinc 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS: SUGAR, MALIC ACID, NATURAL FLAVOR, CARAMEL COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINAMIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VITAMIN D3 (CHOLECALCIFEROL), BIOTIN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Orange Bliss

Nutrition Facts		
Serving Size 2 tbsp (29g)		
Servings Per Container About 85		
Amount Per Serving		
Calories	110	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	28g	9%
Dietary Fiber	0g	0%
Sugars	28g	
Protein	0g	
Vitamin A 35% • Vitamin C 50%		
Calcium 0% • Iron 0%		
Vitamin D 10% • Vitamin E 20%		
Niacin 10% • Vitamin B6 10%		
Folate 10% • Vitamin B12 10%		
Biotin 10% • Zinc 10%		
*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

INGREDIENTS: SUGAR, CITRIC ACID, NATURAL FLAVOR, BETA CAROTENE FOR COLOR, VEGETABLE JUICE FOR COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINAMIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VITAMIN D3 (CHOLECALCIFEROL), BIOTIN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Simply Peach

Nutrition Facts		
Serving Size 2 tbsp (29g)		
Servings Per Container 85		
Amount Per Serving		
Calories	110	Calories from Fat 0
% Daily Value*		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	28g	9%
Dietary Fiber	0g	0%
Sugars	28g	
Protein	0g	
Vitamin A 30% • Vitamin C 50%		
Calcium 0% • Iron 0%		
Vitamin D 10% • Vitamin E 15%		
Niacin 10% • Vitamin B6 10%		
Folate 10% • Vitamin B12 10%		
Biotin 10% • Zinc 10%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		

INGREDIENTS: SUGAR, CITRIC ACID, NATURAL FLAVOR, VEGETABLE JUICE FOR COLOR, BETA CAROTENE FOR COLOR, VITAMIN C (ASCORBIC ACID), NIACIN (NIACINAMIDE), VITAMIN E (D ALPHA-TOCOPHERYL ACETATE), ZINC (ZINC SULFATE), VITAMIN B12 (CYANOCOBALAMIN), VITAMIN B6 (PYRODOXIN HCL), VITAMIN A (PALMITATE), FOLIC ACID, VITAMIN D3 (CHOLECALCIFEROL), BIOTIN.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.