

Hard White Wheat

Nutrition Facts

Serving Size ¼ cup (49g)
Servings Per Container About 46

Amount Per Serving

Calories 160 Calories from Fat 0

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 35g **12%**

Dietary Fiber 6g **26%**

Sugars 2g

Protein 6g

Vitamin A 0% • Vitamin C 0%

Calcium 2% • 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 47

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.

White Flour

Elbow Macaroni

Potato Chunks

Sweet Corn (Freeze Dried)

Nutrition Facts

Serving Size 3 cup (30g)
Servings Per Container 60

Amount Per Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 0g **0%**
Saturated Fat 0g **0%**
Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 22g **7%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

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: UNBLEACHED ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID, ENZYMES.

CONTAINS: WHEAT.

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

Nutrition Facts

Serving Size ½ Cup, Dry (56g)
Servings Per Container About 25

Amount Per Serving

Calories 210 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 42g **14%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 10%

Thiamin 30% • Riboflavin 10%

Niacin 15% • Folate 30%

*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 About 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 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: DEHYDRATED POTATO CHUNKS.

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

Nutrition Facts

Serving Size ¼ cup (10g)
Servings Per Container About 46

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 0mg **0%**

Total Carbohydrate 8g **3%**

Dietary Fiber 1g **5%**

Sugars 2g

Protein 1g

Vitamin A 0% • Vitamin C 4%

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: 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 (3.5g)

Servings Per Container About 46

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	4%
Sugars 1g	
Protein 1g	

Vitamin A 0%

• Vitamin C 60%

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: BROCCOLI.

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

Carrot Dices

Nutrition Facts			
Serving Size ¼ cup (20g)			
Servings Per Container 40			
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	55mg		2%
Total Carbohydrate	16g		5%
Dietary Fiber	2g		6%
Sugars	10g		
Protein	2g		
Vitamin A 90% • Vitamin C 25%			
Calcium 4%		•	Iron 4%
*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)

INGREDIENTS: STRAWBERRIES.

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.

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 (51g)			
Servings Per Container About 46			
Amount Per Serving			
Calories 190		Calories from Fat 20	
		% Daily Value*	
Total Fat	2.5g	4%	
Saturated Fat	2g	10%	
Trans Fat 0g			
Cholesterol	5mg	1%	
Sodium	230mg	9%	
Total Carbohydrate	41g	14%	
Dietary Fiber	1g	6%	
Sugars 32g			
Protein	4g		
Vitamin A 0% • Vitamin C 2%			
Calcium 15% • Iron 45%			
*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.



Instant Refried Beans

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

Chicken TVP

Nutrition Facts		
Serving Size ¼ cup (21g)		
Serving Per Container About 46		
Amount Per Serving		
Calories 70	Calories from Fat 20	
% Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	0g	0%
Trans Fat 0g		
Cholesterol	0mg	0%
Sodium	440mg	18%
Total Carbohydrate	6g	2%
Dietary Fiber	3g	12%
Sugars 2g		
Protein	9g	
Vitamin A 0% • Vitamin C 0%		
Calcium 4% • 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, NAUTRAL 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 ¼ cup (45g)			
Servings Per Container About 47			
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	20mg		1%
Total Carbohydrate	28g		9%
Dietary Fiber	18g		70%
Sugars 1g			
Protein	9g		
Vitamin A 0% • Vitamin C 0%			
Calcium 6% • Iron 20%			
*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

Nutrition Facts			
Serving Size ¼ cup (48g)			
Servings Per Container About 46			
Amount Per Serving			
Calories 110		Calories from Fat 0	
			% Daily Value*
Total Fat	0g		0%
Saturated Fat	0g		0%
<i>Trans Fat</i> 0g			
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	29g		10%
Dietary Fiber	14g		54%
Sugars 0g			
Protein	12g		
Vitamin A 0%	●	Vitamin C 0%	
Calcium 0%	●	Iron 25%	
*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: LENTILS.
PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.

Beef TVP

Nutrition Facts			
Serving Size ¼ cup (25g)			
Servings Per Container About 46			
Amount Per Serving			
Calories 90		Calories from Fat 35	
		% Daily Value*	
Total Fat	4g		6%
Saturated Fat	0.5g		3%
Trans Fat 0g			
Cholesterol	0mg		0%
Sodium	460mg		19%
Total Carbohydrate	2g		2%
Dietary Fiber	3g		14%
Sugars	4g		
Protein	10g		
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, HYDROLYZED 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 120		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	3g		
Protein	12g		
Vitamin A	0%	•	Vitamin C 0%
Calcium	8%	•	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: 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 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	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, ONION), 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 About 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

Orange Bliss

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.

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.