Nutritional Information



Hard White Wheat

Nutrition Facts

Serving Size ½ cup (49g) Servings Per Container About 46

Amount Per Servin	g
Calories 160	Calories from Fat
	% Daily Value
Total Fat 0.5g	19
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol On	ng 0 %
Sodium 20mg	19
Total Carbohyo	drate 35g 12 %
Dietary Fiber 6	6g 26 %
Sugars 2g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 10%
*Doroont Doily Volu	on are based on a 2 000

"Percent Daily values a	are based or	1 a 2,000			
calorie diet. Your daily values may be higher					
or lower depending on your calorie needs:					
Calories:	2,000	2,500			

	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 1/4 cup (50g) Servings Per Container About 46

Amount Per Serving

Annount i oi ooi iii	
Calories 160	Calories from Fat C
	% Daily Value*
Total Fat Og	0%
Saturated Fat	. 0g 0 %
Trans Fat Og	
Cholesterol Or	mg 0 %
Sodium Omg	0%
Total Carbohy	drate 36g 12 %

Sugars Og **Protein** 3g

Niacin 8%

Dietary Fiber Og

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 6%
Thiamin 15%	•	Folate 20%

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 Fil	ber	25g	30g

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

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

Pearled Barley

Nutrition Facts

Serving Size 1/4 cup (45g) Servings Per Container 50

Amount Per Serv	ing	
Calories 167	Calories from	Fat 10
	% Dai	ly Value*
Total Fat 1g		2%
Saturated Fa	at Og	0%
Trans Fat Og		
Cholesterol (Omg	0%
Sodium Omg		0%
Total Carbohy	ydrate 31g	10%
Dietary Fiber	r 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 Fi	ber	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 1/4 cup (35g) Servings Per Container About 47

Amount Per Servi	ng
Calories 110	Calories from Fat 10
	% Daily Value
Total Fat 1g	1%
Saturated Fa	t 0g 1 %
Trans Fat Og	
Cholesterol 0)mg 0 %
Sodium Omg	0%
Total Carbohy	drate 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 Fil	per	25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR.

CONTAINS: WHEAT.

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



Nutritional Information



White Flour

Nutrition Facts

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

Amount	Per	Serving
AIIIVUIIL		Jei vilig

Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Od	

Trans rat og	
Cholesterol Omg	0%
Sodium Omg	0%

Total Carbohydrate 22g 7%
Dietary Fiber 1g 4%

Sugars Og

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.

Elbow Macaroni

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 Og	0%
Trans Fat Og	

Cholesterol Omg	0%
Sodium Omg	0%

Total Carbohydrate 42g	14 %
Dietary Fiber 2g	8%

Sugars 3g

Protein 7g

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 10%

Calcium 0%	•	iron 10%
Thiamin 30%	• D	iboflavin 10%

11110111111 0070	_	Tribonaviii ±070
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, RIBOLFAVIN, FOLIC ACID).]

CONTAINS: WHEAT.

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

Potato Chunks

Nutrition Facts

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

Amount Per Servin	g
Calories 70	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol Or	mg 0 %
Sodium 15mg	1%
Total Carbohy	drate 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.

Sweet Corn

(Freeze Dried)

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 C)g 0 %
Trans Fat Og	
Cholesterol 0m	g 0 %
Sodium Omg	0%
Total Carbohydi	rate 8g 3 %
Dietary Fiber 1	g 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.



Nutritional Information



Broccoli

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (3.5g) Servings Per Container About 46

Amount Per Servi	ing	
Calories 10	Calories from Fat	0
	% Daily Value	*
Total Fat 0g	0%	6
Saturated Fa	t 0g 0 %	6
Trans Fat Og		
Cholesterol C)mg 0 %	6
Sodium 10mg	9	6
Total Carbohy	drate 2g 19	6
Dietary Fiber	1g 4 9	-

Protein 1g

Sugars 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 ½ cup (20g) Servings Per Container 40

oci virigo i	C1 00	iitai	1101 40	
Amount Per	Servin	g		
Calories 7	0	Cal	ories fro	m Fat 0
			% Dai	ly Value*
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	t Og			
Choleste	rol On	ng		0%
Sodium 5	55mg			2%
Total Car	bohyd	Irat	e 16g	5%
Dietary Fiber 2g 6 %				
Sugars 10g				
Protein 2g				
	0			
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:				
	Calorie	es:	2,000	2,500
Total Fat Sat Fat Cholesterol	Less to	han:	0	80g 25g 300mg
Sodium			2,400mg	_

INGREDIENTS: DEHYDRATED CARROT DICES.
PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY,

300g

375g

30g

WHEAT, AND TREE NUT PRODUCTS.

Total Carbohydrate

Dietary Fiber

Bananas (Freeze Dried)

Nutrition Facts

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

Amount Per	Serving		
Calories	45 Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium (0%
Total Car		e 12g	4%
-	Fiber 1g		5%
Sugars			
Protein			
I Totem	±5		
Vitamin A	0% •	Vitam	in C 6%
Calcium C)% •		Iron 0%
*Percent Da calorie diet. or lower dep	Your daily va	alues may l our calorie	oe higher needs:
Total Fat	Less than:	2,000 65g	2,500 80g
Sat Fat	Less than:	20g	25g
Cholesterol	Less than:	300mg	300mg
Sodium	Less than:	,	, 0
Total Carboh	ıydrate	300g	375g

INGREDIENTS: BANANAS, CITRIC ACID, ASCORBIC ACID.

25g

30g

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

Dietary Fiber

Strawberries

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (4g) Servings Per Container About 45

Amount Per	Serving		
Calories 1	.5 Ca	alories fro	om Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydrat	e 4g	1%
Dietary I	Fiber 1g		4%
Sugars 2	<u>2g</u>		
Protein 0	1g		
	0		
Vitamin A	0% •	Vitamir	C 25%
Calcium 0	% •		Iron 2%
*Percent Da calorie diet. or lower dep	Your daily va	alues may l our calorie	oe higher
Total Fat Sat Fat Cholesterol Sodium Total Carboh Dietary Fik	Less than: ydrate	20g 300mg	80g 25g 300mg 2,400mg 375g 30g

INGREDIENTS: STRAWBERRIES.

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



Nutritional Information



Apple Slices

Nutrition Facts Serving Size ¹ / ₄ cup (9g) Servings Per Container About 45					
Amount Per					
Calories 3		alories fr	om Fat 0		
		% Da	ily Value*		
Total Fat	0g		0%		
Saturate	ed Fat Og		0%		
Trans Fat	0g				
Choleste	rol Omg		0%		
Sodium 7	mg -		0%		
Total Car	bohydrat	:e 8g	3%		
Dietary	Fiber 1g		5%		
Sugars	6g				
Protein	0g				
Vitamin A	0% •	Vitan	nin C 0%		
Calcium C) %	ı	Iron 0%		
*Percent Da calorie diet. or lower dep	Your daily v	alues may	be higher		
Total Fat Sat Fat Cholesterol	Less than: Less than:	65g 20g	80g 25g 300mg		

INGREDIENTS: APPLES.

Total Carbohydrate

Dietary Fiber

Sodium

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

Less than: 2,400mg 2,400mg

375g

30g

300g

25g

Chopped Onions

(Freeze Dried)

Nutrition Facts

Serving Size ¼ cup (8g) Servings Per Container About 52

Servings Per Container About 52				
Amount Per	Serving			
Calories 3	0 Ca	lories fro	m Fat 0	
		% Dai	ly Value*	
Total Fat	0g		0%	
Saturate	ed Fat Og		0%	
Trans Fa	t Og			
Choleste	rol Omg		0%	
Sodium ()mg		0%	
Total Car	bohydrat	e 6g	2%	
Dietary I	Fiber 1g		5%	
Sugars !	ōg			
Protein <	:1g		2%	
Vitamin A	0% •	Vitam	in 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 Sat Fat Cholesterol Sodium Total Carboh Dietary Fit	•	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 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

Servings I	er Co	ntai	ner Abou	it 53
Amount Per	Servin	g		
Calories 1	.00	Ca	lories fro	m Fat 0
			% Dai	ly Value*
Total Fat	0g			0%
Saturate	ed Fat	0g		1%
Trans Fa	t 0g			
Choleste	rol 5r	ng		2 %
Sodium 1	L40mg	5		6%
Total Car	bohyd	irat	e 15g	5%
Dietary	Fiber ()g		0%
Sugars	15g			
Protein	10g			
Vitamin A	15%	•	Vitam	in C 4%
Calcium 3		•		Iron 0%
Vitamin D	40%	•		
*Percent Da calorie diet. or lower dep	Your da	aily va	alues may l	oe higher
	Calorie	es:	2,000	2,500
Total Fat	Less t			80g
Sat Fat Cholesterol	Less t		. 0	25g 300mg
Sodium	Less t		_	2,400mg

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

300g

CONTAINS: MILK.

Total Carbohydrate

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

901111180		Offical		0 0.1 . 0	
Amount Pe	r Servi	ng			
Calories	170	Cald	ories fr	om Fat	70
			% [Daily Val	ue*
Total Fat	t 8g			1	3 %
Saturat	ed Fa	t 6g		2	8 %
<i>Trans</i> Fat	: 0g				
Cholest	erol 2	:Omg			7 %
Sodium	160m	ng			7 %
Total Ca	rbohy	drat	e 25g		8%
Dietary	Fiber	0g			0%
Sugars	12g				
Protein	2g				
Vitamin A	A 0%	•	Vita	min C	0%
Calcium		•		Iron	
*Percent D calorie diet or lower de	aily Val . Your o	daily va	alues ma our calor	on a 2,0 ay be hig	000 her
Total Fat		than:	,	80g	

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).

Less than: 2,400mg 2,400mg

300g

25g

Less than: 20g

Cholesterol Less than: 300mg

CONTAINS: MILK.

Sat Fat

Total Carbohydrate

Dietary Fiber

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



25g

300mg

375g

30g

Nutritional Information



Chocolate Drink Mix

Nutrition Facts

Serving Size 1/4 Cup (51g) Servings Per Container About 46

Amount Per Servi	ing
Calories 190	Calories from Fat 20
	% Daily Value
Total Fat 2.5	g 4 %
Saturated Fa	nt 2g 10 %
Trans Fat Og	
Cholesterol 5	5mg 1 %
Sodium 230n	ng 9 %
Total Carbohy	ydrate 41g 14 %
Dietary Fiber	1g 6 %
Sugars 32g	
Protein 4g	
Vitamin A 0%	 Vitamin C 2%
vitamin A 0%	***************************************
Calcium 15%	• Iron 45%
	lues are based on a 2,000 daily values may be higher

	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

or lower depending on your calorie needs:

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 (VITA-MIN A PALMITATE, MALTODEXTRIN, VITAMIN D3.

CONTAINS: MILK, SOY.

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

Instant Refried Beans

Nutrition Facts

Serving Size 1/4 Cup (21g) Servings Per Container About 44

Servings Per Container About 44					
Amount Per	Serving				
Calories 7	0 Ca	lories fr	om Fat 0		
		% Da	aily Value*		
Total Fat	0g		0%		
Saturate	d Fat Og		0%		
Trans Fat ()g				
Choleste	rol Omg		0%		
Sodium ()mg		0%		
Total Carl	ohydrat	e 14g	5%		
Dietary F	iber 5g		20%		
Sugars C)g				
Protein 4	 g				
Vitamin A	0% •	Vitar	nin C 0%		
Calcium 2	% •		Iron 4%		
*Percent Dai calorie diet. ` or lower depe	Your daily v	alues may	be higher		
	Calories:	2,000	2,500		
Total Fat	Less than:	65g	80a		

	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 Carboh	ydrate	300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: PINTO BEANS.

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

Chicken TVP

Nutrition Facts

Serving Size 1/4 cup (21g)

Serving Po	Serving Per Container About 46				
Amount Per	Serving				
Calories 7	'0 Cald	ories fron	n Fat 20		
		% Dai	ly Value*		
Total Fat	2.5g		4%		
Saturate	ed Fat Og		0%		
Trans Fa	t 0g				
Choleste	rol Omg		0%		
Sodium 4	140mg		18%		
Total Car	bohydrat	e 6g	2%		
Dietary	Fiber 3g		12 %		
_Sugars :	2g				
Protein 9	9g				
Vitamin A	0% •	Vitam	in C 0%		
Calcium 4	.% •	Ir	on 10%		
*Percent Da calorie diet. or lower dep	Your daily va	alues may l	oe higher		
	Calories:	2,000	2,500		
Total Fat Sat Fat	Less than: Less than:	0	80g 25g		
Cholesterol		0	_		
Sodium	Less than:	2,400mg	2,400mg		

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.

300g

25g

375g

30g

Total Carbohydrate

Dietary Fiber

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

Pinto Beans

Nutrition Facts

Serving Size ½ cup (45g) Servings Per Container About 47

Amount Per	Serving		
Calories 8		alories fro	om Fat 0
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fat	0g		
Choleste	rol Omg		0%
Sodium 2			1%
Total Car		te 28g	9%
	Fiber 18g		70%
Sugars		·	
Protein 9			
Vitamin A	0%	Vitam	in C 0%
Calcium 6	5%	lr lr	on 20%
*Percent Da calorie diet. or lower dep	Your daily v	alues may	be higher
Total Fat Sat Fat Cholesterol Sodium	Less than: Less than: Less than: Less than:	65g 20g	80g 25g 300mg

INGREDIENTS: PINTO BEANS.

Total Carbohydrate

Dietary Fiber

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

300g

25g



375g

30g

Nutritional Information



Lentils

Nutrition Facts

Serving Size ¼ cup (48g) Servings Per Container About 46

Amount Per Servii	ng	
Calories 110	Calories fro	m Fat 0
	% Dai	ly Value*
Total Fat Og		0%
Saturated Fat	og Og	0%
Trans Fat Og		
Cholesterol 0	mg	0%
Sodium 10mg		0%
Total Carbohy	drate 29g	10%
Dietary Fiber	14g	54%
Sugars 0g		

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.

Protein 12g

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 9	90	Calc	ories fron	n Fat 35
			% Dai	ly Value*
Total Fat	4g			6%
Saturate	ed Fat	0.5	g	3%
Trans Fat	0g			
Choleste	rol 0	mg		0%
Sodium	460m	ng		19%
Total Car	bohy	drat	e 2g	2%
Dietary I	Fiber	3g		14%
Sugars 4g				
Protein	10g			
Vitamin A	0%	•	Vitam	in C 0%
Calcium 6	%	•	Ir	on 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 Sat Fat Cholesterol Sodium	Less Less	than: than: than:	65g 20g 300mg 2,400mg	80g 25g 300mg 2,400mg

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

CONTAINS: SOY AND WHEAT.

300g

25g

375g

30g

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

Total Carbohydrate

Dietary Fiber

Taco TVP

Nutrition Facts

Serving Size ¼ Cup (32g) Servings Per Container About 47

Amount Per Serv	ing	
Calories 120	Calories from	m Fat 45
	% Da	ily Value*
Total Fat 5g		8%
Saturated Fa	nt 0.5g	4%
Trans Fat Og		
Cholesterol (Omg	0%
Sodium 740n	ng	31 %
Total Carbohy	ydrate 9g	3%
Dietary Fiber	^r 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 Fil	per	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	g
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol On	ng 0 %
Sodium 710mg	29%
Total Carbohyd	lrate Og 0%
Dietary Fiber C)g 0 %
Sugars 0g	
Protein Og	
Vitamin A 0%	 Vitamin C 0%
Calcium 0%	• Iron 0%
*Percent Daily Value	es are based on a 2,000

*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 Fil	per	25g	30g
1			

INGREDIENTS: IODIZED SALT.

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



Nutritional Information



Chicken Bouillon

Nutrition Facts Serving Size 1 tsp (4g)

Servings Per Container About 575

Iron 0%

Amount P	er S	erving
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Calcium 0%

Calories 10	Calories from Fat C
	% Daily Value*
Total Fat Og	0%
Saturated Fat	: 0g 0 %
Trans Fat Og	
Cholesterol 0	mg 0 %
Sodium 700m	g 29 %
Total Carbohy	drate 2g 1%
Dietary Fiber	Og 0 %
Sugars 0g	
Protein Og	

Vitamin A 0% Vitamin C 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
Less than:	65g	80g
Less than:	20g	25g
Less than:	300mg	300mg
Less than:	2,400mg	2,400mg
Total Carbohydrate		375g
per	25g	30g
	Less than: Less than: Less than: Less than:	Less than: 65g Less than: 20g Less than: 300mg Less than: 2,400mg ydrate 300g

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

Calories from Fat 0

0%

Amount Per Serving

Calories 10

	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 711mg	29%

Total Carbohydrate 2g 1% Dietary Fiber Og

Sugars Og

Protein Og

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 Fil	per	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 Servii	ıg
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat ∩g	0%

iotai rat og	U /0
Saturated Fat Og	0%
Trans Fat Og	
Ob alastaval Ovar	00/

Cholesterol Ong	U %
Sodium Omg	0%
Total Carbohydrate 4g	1%

otal carsonyarato 18	
Dietary Fiber Og	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 Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g

INGREDIENTS: SUGAR.

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



Nutritional Information



Orchard Apple

Nutrition Facts

Serving Size 2 tbsp (29g) Servings Per Container 85

Amount Per Serving

Calories 110 Calories from Fat	0	

% Dail	y Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 28g	

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 Calo	ries from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate	28g 9 %
Dietary Fiber Og	0%
Sugars 28g	
Protein Og	
Vitamin A 35% ●	Vitamin C 50%

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.

