

# nutriSTORE™

1 Person 1 Year Supply

## Strawberries (2)

# Nutrition Facts

Serving Size About ¼ Cup (4g)

Servings Per Container About 40

Amount Per Serving		
Calories	15	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	3g	<b>1%</b>
Dietary Fiber	1g	<b>3%</b>
Sugars	2g	
<b>Protein</b>	0g	
Vitamin A	0%	Vitamin C 45%
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 • Carbohydrate 4 • Protein 4

**Ingredients:** Freeze-dried Strawberries.

## Peaches (2)

Nutrition Facts		
Serving Size About ¼ Cup (7g)		
Servings Per Container About 40		
Amount Per Serving		
Calories	25	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	6g	<b>2%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	5g	
<b>Protein</b>	0g	
Vitamin A	4%	• Vitamin C 100%
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
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

**Ingredients:** Freeze-dried Peaches.

## Bananas (2)

**Ingredients:** Freeze-dried Bananas, Citric Acid, Ascorbic Acid.

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## Apples (2)

# Nutrition Facts

Serving Size About ¼ Cup (11g)

Servings Per Container About 40

Amount Per Serving		
Calories 40	Calories from Fat 0	
% Daily Value*		
<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 10mg	<b>0%</b>	
<b>Total Carbohydrate</b> 10g	<b>3%</b>	
Dietary Fiber 2g	<b>7%</b>	
Sugars 7g		
<b>Protein</b> 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

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Dehydrated Apples.

## Sweet Corn (2)

Nutrition Facts		
Serving Size About ¼ Cup (11g)		
Servings Per Container About 40		
Amount Per Serving		
Calories 40	Calories from Fat 5	
% Daily Value*		
<b>Total Fat</b> 0.5g		<b>1%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Cholesterol</b> 0mg		<b>0%</b>
<b>Sodium</b> 0mg		<b>0%</b>
<b>Total Carbohydrate</b> 8g		<b>3%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 3g		
<b>Protein</b> 1g		
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
Calories per gram		
Fat 9 · Carbohydrate 4 · Protein 4		

**Ingredients:** Freeze-dried Super Sweet Corn.

## Green Beans (2)

# Nutrition Facts

Serving Size About ¼ Cup (3.5g)

Servings Per Container About 40

---

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 3g

1%

---

Dietary Fiber 1g

6%

---

Sugars 1g

---

Protein 1g

---

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

---

Calories per gram

---

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Freeze-dried Green Beans.

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## Onions (2)

# Nutrition Facts

Serving Size About ¼ Cup (7g)

Servings Per Container About 40

Amount Per Serving		
Calories	25	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	6g	<b>2%</b>
Dietary Fiber	1g	<b>4%</b>
Sugars	4g	
<b>Protein</b>	1g	
Vitamin A	0%	Vitamin C 6%
Calcium	2%	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

Calories per gram

Fat 9 · Carbohydrate 4 · Protein 4

**Ingredients:** Freeze Dried Onions.

## Carrots (2)

# Nutrition Facts

Serving Size About ¼ Cup (20g)

Servings Per Container About 40

---

Amount Per Serving

Calories 70

Calories from Fat 0

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		% Daily Value*
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	55mg	<b>2%</b>
<b>Total Carbohydrate</b>	16g	<b>5%</b>
Dietary Fiber	2g	<b>6%</b>
Sugars	10g	
<b>Protein</b>	2g	

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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

---

Calories per gram

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Dehydrated Carrots.

## Potatoes (6)

# Nutrition Facts

Serving Size About ½ Cup (42g)

Servings Per Container About 22

---

Amount Per Serving

Calories 150

Calories from Fat 5

---

% Daily Value\*

---

Total Fat 0g

0%

---

Saturated Fat 0g

0%

---

Trans Fat 0g

---

Cholesterol 0mg

0%

---

Sodium 30mg

1%

---

Total Carbohydrate 34g

11%

---

Dietary Fiber 3g

12%

---

Sugars 1g

---

Protein 3g

---

Vitamin A 0%

•

Vitamin C 25%

---

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

---

Calories per gram

---

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Dehydrated Potatoes and Sodium Bisulfite.

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## Sausage TVP (2)

# Nutrition Facts

Serving Size About ¼ Cup (25g)

Servings Per Container About 46

---

Amount Per Serving

Calories 90

Calories from Fat 25

---

% Daily Value\*

---

Total Fat 3g

5%

---

Saturated Fat 0g

0%

---

Trans Fat 0g

---

Cholesterol 0mg

0%

---

Sodium 260mg

11%

---

Total Carbohydrate 8g

3%

---

Dietary Fiber 4g

16%

---

Sugars 2g

---

Protein 11g

---

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

---

Calories per gram

---

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Textured vegetable protein (soy flour, caramel color), soybean oil, salt, hydrolyzed soy protein, sugar, spices, autolyzed yeast, garlic powder, paprika, vitamins and minerals (ferrous sulfate, niacinamide, zinc oxide, calcium pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, vitamin B12), modified corn starch, onion powder, torula yeast, spice extractives.

**Contains Soy.**

## Chicken TVP (2)

Nutrition Facts		
Serving Size About ¼ Cup (25g)		
Servings Per Container About 44		
Amount Per Serving		
Calories	80	Calories from Fat 25
% Daily Value*		
<b>Total Fat</b>	3g	<b>5%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	520mg	<b>22%</b>
<b>Total Carbohydrate</b>	7g	<b>2%</b>
Dietary Fiber	3g	<b>12%</b>
Sugars	2g	
<b>Protein</b>	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
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

**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.**

## Salt (2)

# Nutrition Facts

Serving Size About ¼ tsp. (1.8g)

Servings Per Container About 2,015

---

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

---

Calories per gram

---

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Iodized Salt.

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## Granola (8)

Nutrition Facts		
Serving Size About ½ Cup (57g)		
Servings Per Container About 24		
Amount Per Serving		
Calories	220	Calories from Fat 60
% Daily Value*		
<b>Total Fat</b>	6g	<b>9%</b>
Saturated Fat	0.5g	<b>3%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	115mg	<b>5%</b>
<b>Total Carbohydrate</b>	37g	<b>12%</b>
Dietary Fiber	4g	<b>16%</b>
Sugars	12g	
<b>Protein</b>	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
Calories per gram		
Fat	9	Carbohydrate 4 Protein 4

**Ingredients:** Whole Grain Rolled Oats, Evaporated Cane Juice, Expeller Pressed Canola Oil, Defatted Wheat Germ, Oat Flour, Brown Rice Syrup, Molasses, Salt, Natural Flavor, Soy Lecithin.

**Contains Wheat and Soy.**

## Hard Red Wheat (20)

Nutrition Facts		
Serving Size About ¼ Cup (45g)		
Servings Per Container About 47		
Amount Per Serving		
Calories	150	Calories from Fat 5
% Daily Value*		
<b>Total Fat</b>	0.5g	<b>1%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	32g	<b>11%</b>
Dietary Fiber	5g	<b>25%</b>
Sugars	0g	
<b>Protein</b>	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
Calories per gram		
Fat	9	Carbohydrate 4 Protein 4

**Ingredients:** Hard Red Wheat.

## Instant White Rice (18)

Nutrition Facts		
Serving Size About ½ Cup (45g)		
Servings Per Container About 25		
Amount Per Serving		
Calories	160	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	5mg	<b>0%</b>
<b>Total Carbohydrate</b>	36g	<b>12%</b>
Dietary Fiber	1g	<b>3%</b>
Sugars	0g	
<b>Protein</b>	4g	
Vitamin A	0%	Vitamin C 0%
Calcium	2%	Iron 8%
Thiamin	30%	Niacin 15%
Folate	70%	
*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	Carbohydrate 4 Protein 4

**Ingredients:** Precooked Long Grain Rice, Niacin (Niacinamide), Iron (Ferric Orthophosphate), Thiamine (Thiamine Mononitrate), Folic Acid.

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## Instant Milk (6)

# Nutrition Facts

Serving Size About 2 Tbsp (15g)

Servings Per Container About 90

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**Amount Per Serving**

Calories	90	Calories from Fat	0
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		% Daily Value*
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	5mg	<b>2%</b>
<b>Sodium</b>	120mg	<b>5%</b>
<b>Total Carbohydrate</b>	13g	<b>4%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	13g	
<b>Protein</b>	9g	

---

Vitamin A	2%	•	Vitamin C	2%
Calcium	30%	•	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

---

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

**Ingredients:** Nonfat Milk Solids, Vitamin A Palmitate, and Vitamin D3.

**Contains Milk.**

## White Sugar (4)

Nutrition Facts		
Serving Size About 1 Tsp (4g)		
Servings Per Container About 640		
Amount Per Serving		
Calories	15	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	0mg	<b>0%</b>
<b>Total Carbohydrate</b>	4g	<b>1%</b>
Dietary Fiber	0g	<b>0%</b>
Sugars	4g	
<b>Protein</b>	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
Calories per gram		
Fat	9	• Carbohydrate 4 • Protein 4

**Ingredients:** Sugar.

## Lentils (6)

# Nutrition Facts

Serving Size About ¼ Cup (48g)

Servings Per Container About 45

---

Amount Per Serving

Calories 110

Calories from Fat 0

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	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 29g	<b>10%</b>
Dietary Fiber 14g	<b>54%</b>
Sugars 0g	
<b>Protein</b> 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

---

Calories per gram

Fat 9

•

Carbohydrate 4

•

Protein 4

**Ingredients:** Lentils.



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Pinto Beans (6)

Nutrition Facts		
Serving Size About ¼ Cup (45g)		
Servings Per Container About 45		
Amount Per Serving		
Calories	80	Calories from Fat 0
% Daily Value*		
<b>Total Fat</b>	0g	<b>0%</b>
Saturated Fat	0g	<b>0%</b>
Trans Fat	0g	
<b>Cholesterol</b>	0mg	<b>0%</b>
<b>Sodium</b>	20mg	<b>1%</b>
<b>Total Carbohydrate</b>	28g	<b>9%</b>
Dietary Fiber	18g	<b>70%</b>
Sugars	1g	
<b>Protein</b>	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
Calories per gram		
Fat 9 • Carbohydrate 4 • Protein 4		

**Ingredients:** Pinto Beans.