

Strawberries (2)

Nutrition Facts

Serving Size About ¼ Cup (4g) Servings Per Container About 40

Calories 2	L5 Ca	lories fr	om Fat 0
		% Da	aily Value*
Total Fat	0g		0%
Saturate	d Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium 0	mg		0%
Total Carl	bohydrat	e 3g	1%
Dietary F	iber 1g		3%
Sugars 2	<u> </u>		
Protein (ງ ດ		
	7 5		
Vitamin A	0% •	Vitami	n C 45%
Calcium 0	% •		Iron 2%
*Percent Dail calorie diet.	Your daily v		be higher
	Calories:	2,000	2,500

Ingredients: Freeze-dried Strawberries.

Fat 9 · Carbohydrate 4 · Protein 4

Cholesterol Less than: 300mg

Sodium

Total Carbohydrate

Dietary Fiber

Calories per gram

300mg

375g

30g

Less than: 2,400mg 2,400mg

300g

25g

Peaches (2)

Nutrition Facts

Serving Size About ¼ Cup (7g) Servings Per Container About 40

OCI VIIIgo I	Servings Let Container About 40			
Amount Per	Serving			
Calories	25 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 ()mg		0%	
Total Car	bohydrat	e 6g	2%	
Dietary	Fiber 1g		4%	
Sugars	 5g			
Protein				
Fiotein	og —			
Vitamin A	4% •	Vitamin	C 100%	
Calcium C)% •		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 Fil	Less than: nydrate	65g 20g 300mg	80g 25g 300mg	
Calories per	_	te 4 · P	rotein 4	

Ingredients: Freeze-dried Peaches.

Bananas (2)

Nutrition Facts

Serving Size About ¼ Cup (12g) Servings Per Container About 40

Amount Pe	r Serving		
Calories	40 C	alories fro	m Fat 0
		% Dai	ly Value*
Total Fat	: 0g		0%
Saturat	ed Fat Og	5	0%
Trans Fa	at Og		
Choleste	erol Omg		0%
Sodium	0mg		0%
Total Ca	rbohydra	te 11g	4%
Dietary	Fiber 1g		5%
Sugars	6g		
Sugars			
Sugars Protein			
	0g	Vitam	in C 2%
Protein	0g . 0%	• Vitam	in C 2% Iron 0%
Vitamin A Calcium (*Percent Da calorie diet	0g 0% 0% ily Values a	● Vitam In the based on values may be your calorie 2,000	Iron 0% a 2,000 be higher

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



Apples (2)

Nutrition Facts

Serving Size About ¼ Cup (11g) Servings Per Container About 40

	•
Amount Per Servi	ing
Calories 40	Calories from Fat
	% Daily Value
Total Fat 0g	0
Saturated Fa	nt 0g 0 9
Trans Fat Og	
Cholesterol 0	Omg Og
Sodium 10mg	g 0 9
Total Carbohy	ydrate 10g 39
Dietary Fiber	⁻ 2g 7 9
Sugars 7g	
Protein Og	
Vitamin A 0%	Vitamin C 09
Calcium 0%	• Iron 09
calorie diet. Your o or lower depending	ues are based on a 2,000 daily values may be highe g on your calorie needs: ries: 2,000 2,500

Less than: 65g

Fat 9 · Carbohydrate 4 · Protein 4

Less than: 2,400mg 2,400mg

300g

25g

80g

25g

300mg

375g

30g

Ingredients: Dehydrated Apples.

Sat Fat Less than: 20g

Cholesterol Less than: 300mg

Total Fat

Sodium

Total Carbohydrate

Dietary Fiber

Calories per gram

Sweet Corn (2)

Jutrition Facts

Serving Size About ¼ Cup (11g) Servings Per Container About 40

Servings Per Container About 40			
Amount Per	Serving		
Calories	40 Ca	lories fro	m Fat 5
		% Dai	ly Value*
Total Fat	0.5g		1 %
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydrat	e 8g	3%
Dietary	Fiber 1g		4%
Sugars	 3g		
Protein	1g		
Vitamin A	2% •	Vitam	in C 6%
Calcium 0	9% •		Iron 2%
*Percent Dai calorie diet. or lower dep	Your daily va	alues may l	be higher
Total Fat Sat Fat Cholesterol Sodium Total Carbon Dietary Fil	Less than: hydrate per	20g 300mg	80g 25g 300mg 2,400mg 375g 30g
Calories per	gram		

Ingredients: Freeze-dried Super Sweet Corn.

Fat 9 · Carbohydrate 4 · Protein 4

Green Beans (2)

Nutrition Facts

Serving Size About ¼ Cup (3.5g) Servings Per Container About 40

Servings F	er Conta	ainer Abou	ıt 40
Amount Per	Serving		
Calories :	15 C	alories fro	m Fat 0
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium (0%
Total Car	bohydra	te 3g	1%
Dietary I			6%
Sugars			
Protein :	1g		
Vitamin A	0%	Vitamir	n C 10%
Calcium 2	2%		Iron 2%
*Percent Dai calorie diet. or lower dep	Your daily	values may l	be higher
Total Fat	Less than		80g
Sat Fat	Less than	_	25g
Cholesterol	Less than		300mg
Sodium	Less than	,	2,400mg
Total Carboh	,	300g	375g
Dietary Fil	oer	25g	30g
Calories per	gram		

Ingredients: Freeze-dried Green Beans.

Fat 9 · Carbohydrate 4 · Protein 4



Onions (2)

Nutrition Facts

Serving Size About 1/4 Cup (7g) Servings Per Container About 40

	70110011101	7.100011
Amount Per Servi	ing	
Calories 25	Calorie	es from Fat O
		% Daily Value*
Total Fat Og		0%
Saturated Fa	it 0g	0%
Trans Fat Og		
Cholesterol ()mg	0%
Sodium Omg		0%
Total Carbohy	ydrate 6	g 2 %
Dietary Fiber	. 1g	4%
Sugars 4g		
Protein 1g		
Vitamin A 0%	• \	/itamin C 6%
Calcium 2%	•	Iron 0%
*Percent Daily Valo calorie diet. Your or lower dependin Calo	daily values	s may be higher alorie needs:
Total Fat Less	than: 65g	g 80g

25g

Less than: 2,400mg 2,400mg 300g

25g

Fat 9 · Carbohydrate 4 · Protein 4

300mg

375g

30g

Ingredients: Freeze Dried Onions.

Sat Fat Less than: 20g Cholesterol Less than: 300mg

Sodium

Total Carbohydrate **Dietary Fiber**

Calories per gram

Carrots (2)

Nutrition Facts

Serving Size About 1/4 Cup (20g)

Servings I	Per Contai	ner Abou	it 40
Amount Per	Serving		
Calories	70 Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	it 0g		
Choleste	rol Omg		0%
Sodium 5	55mg		2%
Total Car	bohydrat	e 16g	5%
Dietary	Fiber 2g		6%
	Sugars 10g		
Protein :	2g		
Vitamin A	90% •	Vitamir	n C 25%
Calcium 4	-%		Iron 4%
*Percent Dai calorie diet. or lower dep	Your daily va	alues may l	be higher
Total Fat Sat Fat	Less than: Less than:	65g 20g	80g 25g
Cholesterol		300mg	300mg
Sodium Total Carboh	Less than:	2,400mg 300g	2,400mg 375g
Dietary Fil	,	25g	30g
Calories per	gram		

Ingredients: Dehydrated Carrots.

Fat 9 · Carbohydrate 4 · Protein 4

Potatoes (6)

Servings Per Container About 22			
Amount Per	Serving		
Calories	150 C	alories fro	m Fat 5
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	ed Fat Og	,	0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium 3	30mg		1%
Total Car	bohydra	te 34g	11%
Dietary	Fiber 3g		12%
Sugars	1g		
Protein 3	3ơ		
T TOCOM .	о Б		
Vitamin A	0%	Vitamir	n C 25%
Calcium 2	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:			
Total Fat Sat Fat Cholesterol Sodium Total Carboh Dietary Fil	nydrate ber	: 20g	2,500 80g 25g 300mg 2,400mg 375g 30g
Calories per Fat 9 •	gram Carbohydr	ate 4 · P	rotein 4

Ingredients: Dehydrated Potatoes and Sodium Bisulfite.



Sausage TVP (2)

Nutrition Facts

Serving Size About 1/4 Cup (25g) Servings Per Container About 46

Amount Per Serv	ing	
Calories 90	Calories from	n Fat 25
	% Da	ily Value*
Total Fat 3g		5%
Saturated Fa	at Og	0%
Trans Fat Og		
Cholesterol (Omg	0%
Sodium 260r	ng	11%
Total Carbon	ydrate 8g	3%
Dietary Fibe	r 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		

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 1/4 Cup (25g) Servings Per Container About 44

Amount Per Servir	ıg
Calories 80	Calories from Fat 25
	% Daily Value
Total Fat 3g	5%
Saturated Fat Trans Fat Og	0g 0 %
Cholesterol 0	ng 0 %
Sodium 520m	g 22 %
Total Carbohy	drate 7g 2%
Dietary Fiber	3g 12 %
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 Carboh	ydrate	300g	375g
Dietary Fil	per	25g	30g
Calories ner	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 1/4 tsp. (1.8g) Servings Per Container About 2,015

Amount Per Serving	
Calories 0 Ca	lories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 710mg	29%
Total Carbohydrat	e 0g 0 %
Dietary Fiber 0g	0%
Sugars 0g	
Protein Og	
Vitamin A 0%	Vitamin C 0%

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
Calories per	gram		
Fat 9 ·	Carbohydra	te 4 · P	rotein 4

Ingredients: lodized Salt.



Granola (8)

Nutrition Facts

Serving Size About ½ Cup (57g) Servings Per Container About 24

Amount Per Serving

Calories 220 Calories from Fat 60

	70 Daily Value
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat Og	

Cholesterol Omg	0%
Sodium 115mg	5%
Total Carbohydrate 37g	12%

16%

Dietary Fiber 4g Sugars 12g

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:			2,500
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 1/4 Cup (45g) Servings Per Container About 47

Amount Per Serving

Calories 150 Calories from Fat 5

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat Og	0%
Trans Fat Og	

Trans rat og	
Cholesterol Omg	0%
Sodium Omg	0%

U% **Total Carbohydrate 32g 11**% Dietary Fiber 5g 25%

Sugars Og

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 Fil	per	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* **Total Fat** 0g 0%

Saturated Fat Og 0% Trans Fat Og

Cholesterol Omg 0% Sodium 5mg 0% **Total Carbohydrate 36g 12**%

Dietary Fiber 1g **3**% Sugars Og

Protein 4g

Folate 70%

Vitamin A 0% Vitamin C 0% Calcium 2% Iron 8% Thiamin 30% 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 80g Less than: 65g Less than: 20g Sat Fat 25g Cholesterol Less than: 300mg 300mg Less than: 2,400mg 2,400mg Sodium Total Carbohydrate 300g 375g Dietary Fiber 25g 30g Calories per gram Fat 9 · Carbohydrate 4 · Protein 4

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



Instant Milk (6)

Nutrition Facts

Serving Size About 2 Tbsp (15g) Servings Per Container About 90

Amount Per Servin	ng
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	. Og 0 %
Trans Fat Og	
Cholesterol 5	mg 2 %
Sodium 120m	g 5 %
Total Carbohy	drate 13g 4%
Dietary Fiber	0g 0 %
Sugars 13g	
Protein 9g	
Vitamin A 2%	Vitamin C 2%
Calcium 30%	• Iron 0%
*Daysant Daily Valu	

*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 Fib	oer	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 Servi	ng
Calories 15	Calories from Fat (
	% Daily Value
Total Fat Og	0%
Saturated Fat	: 0g 0 %
Trans Fat Og	
Cholesterol 0	mg 0 %
Sodium 0mg	0%
Total Carbohy	drate 4g 19
Dietary Fiber	0g 0 %
Sugars 4g	
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:

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				

Calories per gram
Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Sugar.

Lentils (6)

Nutrition Facts

Serving Size About ½ Cup (48g) Servings Per Container About 45

Amount Per Serving

		•
Calories	110	Calories from Fat 0
		% Daily Value*
Total Fat	0g	0%
Saturat	ed Fat	t 0g 0 %
Trans Fa	at Og	
Choleste	erol 0	mg 0 %
Sodium	10mg	0%
Total Ca	rbohy	drate 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 Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g
Calories per	gram		
Fat 9 · Carbohydrate 4 · Protein 4			

Ingredients: Lentils.



Pinto Beans (6)

Nutrit Serving Size A Servings Per (bout	¹ / ₄ Cup (⁴	45g)			
Amount Per Serv	Amount Per Serving					
Calories 80	Ca	lories fro	m Fat 0			
		% Dai	ily Value*			
Total Fat Og			0%			
Saturated Fa	at Og		0%			
Trans Fat Og						
Cholesterol (Omg		0%			
Sodium 20mg	g		1%			
Total Carboh	ydrat	e 28g	9%			
Dietary Fiber 18g 70 %						
Sugars 1g						
Protein 9g						
Vitamin A 0%	•	Vitam	in C 0%			
Calcium 6%	•	Ir	on 20%			
*Percent Daily Val calorie diet. Your or lower dependir Calo	daily va	alues may	be higher			
	s than:	_	80g			
Sat Fat Less		_	25g			
Cholesterol Less Sodium Less		300mg 2,400mg	300mg			
Total Carbohydrat		300g	2,400mg			
Dietary Fiber	-	25g	30g			
Calories per gram		te 4 · P	rotein 4			

Ingredients: Pinto Beans.