

Strawberries, Freeze-Dried

Nutrition Facts Serving Size About 1/4 Cup (4g)

Servings Per Container About 40

Amount Per Serving	
Calories 15 Ca	lories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrat	e 3g 1 %
Dietary Fiber 1g	3%
Sugars 2g	
Protein Og	
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 Fil	per	25g	30g
Colorino nor	ďrom.		

Calories per gram Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Freeze-dried Strawberries.

Peaches, Freeze-Dried

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

Amount Per	Serving		
Calories	25 Ca	alories fr	om Fat 0
		% Da	aily Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	t 0g		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydra	te 6g	2%
Dietary	Fiber 1g		4%
Sugars	 5g		
Protein	Og		
Vitamin A	4%	Vitamin	C 100%
Calcium C)%	•	Iron 0%
*Percent Dai calorie diet. or lower dep	Your daily v	/alues may	be higher
	Calories:	2,000	2,500
	Less than Less than	: 20g	80g 25g
Cholesterol	Less than	: 300mg	300mg

Less than: 2,400mg 2,400mg

375g

30g

300g

25g

Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Freeze-dried Peaches.

Sodium

Total Carbohydrate

Dietary Fiber

Calories per gram

Bananas, Freeze-Dried

Servings F	Servings Per Container About 40			
Amount Per	Servin	g		
Calories 4	40	Ca	lories fro	m Fat 0
			% Dai	ly Value*
Total Fat	0g			0%
Saturate	ed Fat	0g		0%
Trans Fa	t 0g			
Choleste	rol Or	ng		0%
Sodium ()mg			0%
Total Car	bohy	drat	e 11g	4%
Dietary I	Fiber :	1g		5%
Sugars (6g			-
Protein (Og			
	-0			
Vitamin A	0%	•	Vitam	in C 2%
Calcium 0	%	•		Iron 0%
*Percent Dai calorie diet. or lower dep	Your da	aily va on yo	alues may b our calorie	oe higher needs:
	Calori		2,000	2,500
Total Fat Sat Fat	Less t		_	80g
Cholesterol			20g 300mg	25g 300mg
Sodium	Less t		U	

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

Fat 9 · Carbohydrate 4 · Protein 4

300g

25g

375g

30g

Total Carbohydrate

Dietary Fiber

Calories per gram



Apples, Dehydrated

Nutrition Facts

Serving Size About ½ Cup (11g) Servings Per Container About 40

Amount Per Serving	
Calories 40	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat 0	g 0 %
Trans Fat Og	
Cholesterol Omg	0 %
Sodium 10mg	0%
Total Carbohydr	ate 10g 3 %
Dietary Fiber 2g	7 %
Sugars 7g	
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 Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g
Calories per	gram		
Fat 9 •	Carbohydra	te 4 · P	rotein 4

Ingredients: Apples.

Corn, Freeze-Dried

Nutrition Facts

Serving Size About ¹/₄ Cup (11g) Servings Per Container About 40

Servings i	er Co	ntai	ner Abou	t 40
Amount Per	Serving	ś		
Calories	40	Ca	lories fro	m Fat 5
			% Dai	ly Value*
Total Fat	0.5g			1%
Saturate	ed Fat	0g		0%
Trans Fa	t 0g			
Choleste	rol On	ng		0%
Sodium ()mg			0%
Total Car	bohyd	rat	e 8g	3%
Dietary	Fiber 1	g		4%
Sugars :	3g			
Protein	1g			
Vitamin A	2%	•	Vitam	in C 6%
Calcium 0	1%	•		Iron 2%
*Percent Dai calorie diet. or lower dep	Your da ending	ily va on yo	alues may l our calorie	oe higher needs:
Total Fat	Calorie Less th		2,000	2,500
Sat Fat	Less th		_	80g 25g
Cholesterol			_	300mg
Sodium		nan:	2,400mg	
Total Carboh	iyurate		300g	375g

Ingredients: Freeze-dried Super Sweet Corn.

Fat 9 · Carbohydrate 4 · Protein 4

25g

30g

Dietary Fiber

Calories per gram

Green Beans, Freeze-Dried

Nutrition Facts

Serving Size About ¹/₄ Cup (5g) Servings Per Container About 40

Servings F	Per Conta	iner Abou	ıt 40
Amount Per	Serving		
Calories		alories fro	m Fat 0
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	ed Fat Og		0%
Trans Fa	it 0g		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydra	te 4g	1%
Dietary	Fiber 1g		4%
Sugars :	2g		
Protein	1g		
rioteiii .	±6		
Vitamin A	0%	Vitamir	n C 10%
Calcium 0)%	•	Iron 2%
*Percent Dai calorie diet. or lower dep	Your daily v	alues may	be higher
Total Fat	Less than	,	80g
Sat Fat	Less than	0	25g
Cholesterol	Less than	: 300mg	300mg
Sodium	Less than	,	2,400mg
Total Carboh	ıydrate	300g	375g

Ingredients: Freeze-dried Green Beans.

Fat 9 · Carbohydrate 4 ·

25g

30g

Protein 4

Dietary Fiber

Calories per gram



Onions, Freeze-Dried

Servings F	Per Conta	iner Abou	ıt 40
Amount Per	Serving		
Calories 2	25 Ca	lories fro	m Fat 0
		% Dai	ily Value*
Total Fat	0g		0%
Saturate	d Fat Og		0%
Trans Fa	t Og		
Choleste	rol Omg		0%
Sodium ()mg		0%
Total Car	bohydrat	e 6g	2%
Dietary I	Fiber 1g		4%
Sugars 4	4g		
Protein 1	 1g		
Vitamin A	0% •	Vitam	in C 6%
Calcium 2	% •		Iron 0%
*Percent Dai calorie diet. or lower dep	Your daily v	alues may l	be higher
Total Fat Sat Fat	Less than: Less than:	65g 20g	80g 25g
Cholesterol	Less than:	300mg	300mg
Sodium Total Carboh	Less than: vdrate	2,400mg 300g	2,400mg 375g

Ingredients: Freeze Dried Onions.

Dietary Fiber Calories per gram 25g

Fat 9 · Carbohydrate 4 · Protein 4

30g

Carrots, Dehydrated

Servings Per Container About 40

Servings Per Con	tainer Abou	it 40
Amount Per Serving		
Calories 70	Calories fro	m Fat 0
	% Dai	ly Value*
Total Fat Og		0%
Saturated Fat 0	g	0%
Trans Fat Og		
Cholesterol Omg	<u>ರ</u>	0%
Sodium 55mg		2%
Total Carbohydr	ate 16g	5%
Dietary Fiber 2g		6%
Sugars 10g	<u>- </u>	
Protein 2g		
Fiotenii 2g		
Vitamin A 90%	Vitamir	n C 25%
Calcium 4%	•	Iron 4%
*Percent Daily Values calorie diet. Your dail or lower depending or Calories	y values may l n your calorie	be higher
Total Fat Less the Sat Fat Less the Cholesterol Less the Sodium Less the Total Carbohydrate	an: 20g an: 300mg	80g 25g 300mg 2,400mg 375g
Dietary Fiber	25g	30g

Ingredients: Dehydrated Carrots.

Fat 9 · Carbohydrate 4 · Protein 4

Potatoes, Dehydrated

Serving Size About 1/4 Cup (21g)

Servings I	Per Contai	ner Abou	it 46
Amount Per			
Calories	70 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 1	.5mg		1%
Total Car	bohydrat	e 16g	5%
Dietary	Fiber 1g		5%
Sugars	1g		
Protein 2	2g		
Protein 2	2g		
Vitamin A		Vitamin	C 10%
	0% •		C 10% Iron 2%
Vitamin A	0% • % • ly Values are Your daily va	e based on alues may l	Iron 2% a 2,000 be higher
Vitamin A Calcium 0 *Percent Dai calorie diet.	0% ly Values are Your daily valued and your daily values: Less than:	e based on alues may b our calorie 2,000 65g 20g 300mg	a 2,000 be higher needs:

Ingredients: Potatoes and Sodium Bisulfite.



Sausage TVP

Chicken TVP

Salt

Nutrition Facts

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

Amount Per Serving	
Calories 90 Calories from	m Fat 25
% Da	aily Value*
Total Fat 3g	5%
Saturated Fat Og	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 260mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 11g	

Vitamin ∆ 0%

VICATIIII A 070	•	Vitaliiii O 070
Calcium 6%	•	Iron 20%
*Percent Daily Value	es are b	pased on a 2,000

Vitamin C 0%

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: 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, ribofl avin, thiamine mononitrate, vitamin B12), modified corn starch, onion powder, torula yeast, spice extractives.

Contains Soy.

Nutrition	Facts
Serving Size About 1/4 (Cun (25g)

Servings Per Container About 44

Amount Per Servi	ing		
Calories 80	Calo	ries fro	m Fat 25
		% D	aily Value*
Total Fat 3g			5%
Saturated Fa	t 0g		0%
Trans Fat Og			
Cholesterol ()mg		0%
Sodium 520m	ng		22%
Total Carbohy	/drate	e 7g	2%
Dietary Fiber	3g		12%
Sugars 2g			
Protein 11g			
Vitamin A 0%	•	Vita	min C 0%
Calcium 6%	•		Iron 10%
*Percent Daily Valu calorie diet. Your o or lower dependin	daily va	alues ma	y be higher
Calo	ries:	2,000	2,500
Total Fat Laga	41	CF-4	00-

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 375g 300g 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.

Nutri Serving Siz Servings Pe	e About	¹⁄₄ tsp. (1	8g)
Amount Per S			
Calories 0	Ca	lories fro	m Fat 0
		% Dai	ly Value*
Total Fat	Og		0%
Saturated	l Fat Og		0%
Trans Fat	0g		_
Cholester	ol Omg		0%
Sodium 71	LOmg		29%
Total Carb	ohydrat	e Og	0%
Dietary Fi	ber Og		0%
Sugars 0			
Protein Og	g 5		
Vitamin A C)% •	Vitam	in C 0%
Calcium 0%	′ •		Iron 0%
*Percent Daily calorie diet. You or lower dependent	our daily va	alues may b	oe higher
Sat Fat L Cholesterol L Sodium L	ess than:	20g 300mg 2,400mg	
Total Carbohyo Dietary Fibe		300g 25g	375g 30g
Calories per g	ram Carbohydrat	te 4 · P	rotein 4

Ingredients: lodized Salt.



White Sugar

Nutrition Facts

Serving Size About 1 Tsp (4g) Servings Per Container About 640

Amount Per Serving	g
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat Og	0%
Saturated Fat	0g 0 %
Trans Fat Og	
Cholesterol On	ng 0 %
Sodium Omg	0%
Total Carbohyd	Irate 4g 1%
Dietary Fiber 0)g 0 %
Sugars 4g	

Vitamin A 0%	•	Vitamin C 0%
Calcium 0%	•	Iron 0%
*Percent Daily Value	es are h	pased 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 Carboh	ydrate	300g	375g
Dietary Fil	oer	25g	30g
Calories per	gram		
Fat 9 ·	Carbohydra	te 4 · P	rotein 4

Ingredients: Sugar.

Protein Og

Brown Sugar

Nutrition Facts

Serving Size About 1 tsp (4g) Servings Per Container About 500

Amount Per	Servin	g		
Calories	15	Ca	lories fi	rom Fat 0
			% D	aily Value*
Total Fat	0g			0%
Saturate	d Fat	0g		0%
Trans Fa	t Og			
Choleste	rol O	ng		0%
Sodium ()mg			0%
Total Car	bohy	drat	e 4g	1%
Dietary I	iber	0g		0%
Sugars 4	4g			
Protein (Og			
Vitamin A	Ω0/		Vito	min C 00/
Vitamin A		•	vitai	min C 0%
Calcium 0	%	•		Iron 0%
*Percent Dai calorie diet. or lower dep	Your d	aily va on ye	alues ma	y be higher
Total Fat Sat Fat	Less t			80g 25g

Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Sugar, Invert Sugar, Cane Molasses.

Less than: 2,400mg 2,400mg

300g

25g

300mg

375g

30g

Cholesterol Less than: 300mg

Sodium

Total Carbohydrate

Dietary Fiber

Calories per gram

Instant Milk

Nutrition Facts

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

Amount Per	Serving	•			
Calories	90	Ca	lories f	rom Fa	at O
			% Г	aily Va	lue*
Total Fat	0g				0%
Saturate	ed Fat	0g			0%
Trans Fa	at Og				
Choleste	rol 5m	ng			2%
Sodium :	120mg				5 %
Total Ca	bohyd	rat	e 13g		4 %
Dietary	Fiber C)g			0%
Sugars	13g				
Protein	9g				
Vitamin A	2%	•	Vita	min C	2%
Calcium 3	30%	•		Iron	0%
*Percent Da calorie diet. or lower dep	Your da	ily va	alues ma	y be hig	gher
	Calorie	s:	2,000	2,50	00
Total Fat	Less th	nan:	65g	80g	

 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.



Shortening Powder

Nutrition Facts

Serving Size About 1 Tbsp (6g) Servings Per Container About 200

Aillouilt	rei	J EI	villg
Calaria	_	EΛ	

Calories 50 Calories from Fat 45

% Daily Value*

Total Fat 5g	8 %
Saturated Fat 1.5g	8%
Trans Fat 2.5g	
Cholesterol Omg	0%
A. II. 40 .	•0/

Sodium 10mg 0% Total Carbohydrate 2g 1% Dietary Fiber 0g 0%

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 Fiber		25g	30g

Calories per gram

Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Sodium Caseinate (a milk derivative), Mono & Diglycerides.

Contains Milk and Soy.

Butter Powder

Nutrition Facts

Serving Size About 1 tsp (2g) Servings Per Container About 535

Amount Per Serving

Calories 15 Calories from Fat 15

% Daily Value*

Iron 0%

Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat Og	
Cholesterol 5mg	2%

Sodium 15mg 1%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars Og **Protein** Og

Calcium 0%

Vitamin A 2% • 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:

or lower depending on your calone 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: Butter (cream, salt), Nonfat Milk, Tocopherols, and Ascorbyl Palmitate (to preserve freshness).

Contains Milk

Baking Soda

Nutrition Facts

Serving Size About 1/8 tsp (0.6g) Servings Per Container About 5435

Amount Per Serving

Calories 0 Calories from Fat 0

	% Daily Value*
Total Fat Og	0%
Saturated Fat Og	0%
Trans Fat Og	

Cholesterol Omg0%Sodium 160mg7%Total Carbohydrate Og0%

Dietary Fiber Og 0%
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:

or lower acp	criding on yo	our calonic	necus.	
	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: Sodium Bicarbonate U.S.P.



Baking Powder

Nutrition Facts

Serving Size About 1/8 tsp (0.6g) Servings Per Container About 4260

Amount Per Servi	ıg	
Calories 0	Calories	from Fat 0
	%	Daily Value*
Total Fat Og		0%
Saturated Fa	: 0g	0%
Trans Fat Og		
Cholesterol 0	mg	0%
Sodium 90mg		4%
Total Carbohy	drate 0g	0%
Dietary Fiber	0g	0%
Sugars Og		
Protein Og		
Vitamin A 0%	• Vita	amin C 0%
Calcium 0%	•	Iron 0%
*Percent Daily Valu calorie diet. Your o or lower depending Calor	aily values m g on your calo	ay be higher

Ingredients: Sodium Acid Pyrophosphate, Encapsulated Sodium Bicarbonate (Sodium Bicarbonate, Proprietary Blend of Oils), Sodium Bicarbonate, Cornstarch, Dicalcium Phosphate, Monocalcium Phospate.

Fat 9 · Carbohydrate 4 · Protein 4

Less than: 65g

Less than: 20g

Less than: 2,400mg 2,400mg

300g

25g

Cholesterol Less than: 300mg

80g

25g

300mg

375g

30g

Total Fat

Sodium

Sat Fat

Total Carbohydrate

Dietary Fiber

Calories per gram

Chicken Bouillon

Nutrition Facts

Serving Size About 1 tsp (4g) Servings Per Container About 580

Servings I	Per Conta	iner Abou	ıt 580	
Amount Per	Serving			
Calories	10 Ca	lories fro	m Fat 0	
		% Dai	ily Value*	
Total Fat	0g		0%	
Saturate	ed Fat Og		0%	
Trans Fa	it 0g			
Choleste	rol Omg		0%	
Sodium 7			29%	
Total Car		e 2g	1%	
		-8	0%	
	2.0 ta.) 58			
Sugars 0g				
Protein	0g			
Vitamin A	0% •	Vitam	in C 0%	
Calcium C)% •	1	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:	0	80g	
Sat Fat Cholesterol	Less than:	0	25g 300mg	
Sodium	Less than:	_	_	
Total Carbor		300g	375g	
Dietary Fiber 25g 30g			_	

Ingredients: Maltodextrin, Salt, Autolyzed Yeast Extract, Vegetable (Carrot, Celery, Garlic, Onion), Natural Flavor, Turmeric Extract, and Spices.

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram

Elbow Macaroni

Nutrition Facts

Serving Size About ½ Cup (55g) Servings Per Container About 26

Servings F	Servings Per Container About 26			
Amount Per	Servi	ng		
Calories 2	210	Calo	ries from	r Fat 10
			% Dai	ly Value*
Total Fat	1g			2%
Saturate	d Fa	t Og		0%
Trans Fa	t Og			
Choleste	rol 0	mg		0%
Sodium ()mg			0%
Total Car	bohy	drat	e 42g	14%
Dietary I	Fiber	2g		8%
Sugars 3	3g			
Protein	Protein 7g			
Vitamin A	0%	•	Vitam	in C 0%
Calcium 0	%	•	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 Total Carboh Dietary Fil	Less Less Less ydrate	than:	_	80g 25g 300mg 2,400mg 375g 30g

Ingredients: Durum Wheat Semolina, Enriched with Iron (Ferrous Sulfate) and B Vitamins (Niacin, Thiamin Mononitrate, Ribolfavin, Folic Acid).

Fat 9 · Carbohydrate 4 · Protein 4

Calories per gram



Hard White Wheat

White Rice

Lentils

Nutrition Facts

Serving Size About 1/4 Cup (45g) Servings Per Container About 47

Amount Per Servi	ng
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 0.5	g 1 %
Saturated Fa	t 0g 0 %
Trans Fat Og	
Cholesterol 0	mg 0 %
Sodium Omg	0%
Total Carbohy	drate 34g 11 %
Dietary Fiber	6g 25 %
Sugars Og	
Protein 6g	

Vitamin A 0%

Calcium 0%	•	Iron 10%
*Percent Daily Value		,
calorie diet. Your d	aliy value	s may be higher

Vitamin C 0%

i diddin bany valado ai	o bacca c	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	
calorie diet. Your daily v	/alues may	be higher	
or lower depending on your calorie needs:			
Calories:	2,000	2,500	

	Calonies.	2,000	2,300
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 White Wheat.

Contains Wheat.

Nutrition Facts
Serving Size About ¼ Cup (50g)
Servings Per Container About 45

Amount Per Serving	g
Calories 160	Calories from Fat C
	% Daily Value*
Total Fat Og	0%
Saturated Fat Trans Fat Og	0g 0 %
Cholesterol On	ng 0 %
Sodium Omg	0%
Total Carbohyo	Irate 36g 12 %
Dietary Fiber (Og 0 %
Sugars 0g	
Protein 3g	

Vitamin A 0% Vitamin C 0% Calcium 0% 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:

or lower depending on your calone 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 Fib	per	25g	30g
Calories per	gram		

Fat 9 · Carbohydrate 4 · Protein 4

Ingredients: Long Grain Rice Enriched with Niacin, Ferric Phosphate, Thiamin Mononitrate, and Folic Acid.

NUTRITION FACTS
Serving Size About 1/4 Cup (48g)
Servings Per Container About 45

oci vingo i c	or o orrical	IIICI ADOU		
Amount Per S	erving			
Calories 13	10 Ca	lories fro	m Fat 0	
		% Dai	ly Value*	
Total Fat)g		0%	
Saturated	Fat Og		0%	
Trans Fat	0g			
Cholester	ol Omg		0%	
Sodium 10)mg		0%	
Total Carb	ohydrat	e 29g	10%	
Dietary Fil	ber 14g		54%	
Sugars 0g	<u></u>			
Protein 12	<u>2g</u>			
Vitamin A 0	% •	Vitam	in C 0%	
Calcium 0%	•	Ir	on 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				
Sat Fat L Cholesterol L	Irate	20g	80g 25g 300mg 2,400mg 375g 30g	

Ingredients: Lentils.

Calories per gram

Fat 9 · Carbohydrate 4 ·

Protein 4



Pinto Beans

Nutr Serving Si Servings F	ze About	¹ / ₄ Cup (4	15g)	
Amount Per	Serving			
Calories 8	30 Ca	lories fro	m Fat 0	
		% Dai	ly Value*	
Total Fat	0g		0%	
Saturate	ed Fat Og		0%	
Trans Fat Og				
Choleste	rol Omg		0%	
Sodium 2	20mg		1%	
Total Car	bohydrat	e 28g	9%	
Dietary I	iber 18g		70%	
Sugars 1	1g			
Protein 9	9g			
Vitamin A	0% •	Vitam	in C 0%	
Calcium 6	% •	Ir	on 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		•	25g	
Cholesterol Sodium	Less than: Less than:	O	300mg	
Total Carboh		2,400mg 300g	2,400mg	
Dietary Fiber 25g 30g		_		
Calories per	gram Carbohydra	te 4 · P	rotein 4	

Ingredients: Pinto Beans.