

## French Vanilla Creamer

**Nutrition Facts**  
 Serv. Size 1 Tbsp (15mL) Servings 24  
 Calories 0 Fat Cal. 0  
 \*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carb</b> 0g	<b>0%</b>
Sat. Fat 0g	0%	Fiber 0g	0%
Trans Fat 0g	0%	Sugars 0g	0%
<b>Cholest</b> 0mg	<b>0%</b>	<b>Protein</b> 0g	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>		
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	

Ingredients\*: Purified Water, Food Color, Carrageenan, Sucralose, Vanilla Flavor, Cream Flavor (Non Dairy), Sodium Acid Sulfate, Potassium Sorbate, Sodium Benzoate (To Preserve Freshness) Xanthan Gum, Salt, Beta Carotene  
 \*Contains trace calories.

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Walden Farms Inc.  
 Linden, NJ 07036  
 US patent #6,245,372

**Shake Well**

**Refrigerate After Opening**



## Whipped Cream

**Nutrition Facts**  
 Serving Size 8 fl oz (240mL)

**Amount Per Serving**

**Calories** 190      **Calories from Fat** 80

**%Daily Value\***

**Total Fat** 9g      **14%**  
 Saturated Fat 5g      **25%**

**Cholesterol** 60mg      **20%**

**Sodium** 105mg      **4%**

**Total Carbohydrate** 25g      **8%**  
 Sugars 24g

**Protein** 5g

Vitamin A 8%      •      Vitamin C 2%  
 Calcium 15%      •      Iron 0%

Not a significant source of *trans* fat, dietary fiber.  
 \* Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients: Whole Milk, Sugar, Nonfat Dry Milk, Whey, Egg yolks, Corn Starch, Guar Gum, Nutmeg, Mono & Diglycerides, Carrageenan, Annatto, Turmeric, Vitamin D, Natural Flavors**

# Oriental Noodles



# Soy Milk



## Nutrition Facts

Serving Size 1 Cup (240mL)

**Amount Per Serving**  
Calories 90 Calories from Fat 35

% Daily Value\*

<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 7g	<b>2%</b>
Dietary Fiber 2g	<b>6%</b>
Sugars 5g	
<b>Protein</b> 7g	<b>14%</b>

Vitamin A 10% • Vitamin C 0%  
Calcium 45% • Iron 6%  
Vitamin D 25% • Riboflavin 30%  
Folate 6% • Vitamin B12 25%  
Magnesium 10% • Zinc 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

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:

Soymilk (Filtered Water, Whole Soybeans), Cane Sugar, Sea Salt, Carrageenan, Natural Flavor.

## VITAMINS & MINERALS:

Calcium Carbonate, Vitamin A Palmitate, Zinc Gluconate, Vitamin D2, Riboflavin (B2), Vitamin B12.



# Chicken Soup



Nutrition Facts	
Serving Size 1 cup (246g)	
Servings Per Container about 2	
Amount Per Serving	
<b>Calories</b>	100
Calories from Fat	20
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>2%</b>
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 690mg	<b>29%</b>
<b>Potassium</b> 310mg	<b>9%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber less than 1g	<b>4%</b>
Sugars 2g	
<b>Protein</b> 7g	
Vitamin A 20%	• Vitamin C 0%
Calcium 0%	• Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Chicken Broth, Cooked White Chicken Meat, Carrots, Egg Noodle (semolina wheat, egg\*), Celery. **Contains less than 2% of:** Water, Modified Food Starch, Salt, Chicken Fat, Maltodextrin, Carrot Puree, Egg White\*, Potassium Chloride, Sugar, Soy Protein Isolate, Sodium Phosphate, Tomato Extract, Onion Powder, Spice, Parsley\*, Chives\*, Flavoring, Beta Carotene (color). \*Dried

**CONTAINS WHEAT, EGG AND SOY INGREDIENTS.**

DISTRIBUTED BY GENERAL MILLS SALES, INC.,  
MINNEAPOLIS, MN 55440 USA  
Exchanges: 1 Starch, 1/2 Lean Meat  
Based on Academy of Nutrition and Dietetics and  
American Diabetes Association criteria  
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# Egg Beaters

## Ingredients:

Egg Whites (87%), Water, Red Bell Peppers, Green Bell Peppers, Onions, Contains Less Than 1% Of: Salt, Onion Powder, Garlic Powder, Natural Flavors, Yeast Extract, Spices, Horseradish, Vegetable Gums (Xanthan Gum, Guar Gum), Color (Includes Beta Carotene), Autolyzed Yeast Extract, Nisin Preparation (Nisin, Salt), Vitamins And Minerals: Calcium (Sulfate), Iron (Ferric Phosphate), Vitamin E, Zinc (Sulfate), Calcium Pantothenate, Vitamin B2 (Riboflavin), Vitamin D3, Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12, Folic Acid, Biotin. Contains: Eggs.

## Vanilla Pudding



## Nutrition Facts

Serving Size 113g

Servings per Container about 6

### Amount Per Serving

Calories 110

Calories from Fat 10

**Ingredients:** SKIM MILK, WATER, SUGAR, MODIFIED FOOD STARCH, CONTAINS LESS THAN 1.5% OF HYDROGENATED VEGETABLE OIL (COCONUT AND PALM KERNEL OILS), CORNSTARCH, SALT, SODIUM STEAROYL LACTYLATE (FOR SMOOTH TEXTURE), SODIUM ALGINATE, CALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, ARTIFICIAL COLOR, YELLOW 5, YELLOW 6, VITAMIN A PALMITATE, VITAMIN D. CONTAINS: MILK.

**Nutrition Facts** Serv. Size: 1 Bar (40g), Amount Per Serving: **Calories** 160, Fat Cal. 50, **Total Fat** 6g (9% DV), Sat. Fat 1.5g (8% DV), *Trans Fat* 0g, **Cholest.** 10mg (3% DV), **Sodium** 105mg (4% DV), **Total Carb.** 26g (9% DV), Fiber 1g (4% DV), Sugars 14g, **Protein** 2g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

**INGREDIENTS:** WHOLE WHEAT FLOUR, ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), CORN SYRUP, CANOLA AND PALM OIL, DEXTROSE, FRUCTOSE, INVERT SUGAR, SUGAR, BUTTER (CREAM, SALT), CONTAINS 2% OR LESS OF GLYCERIN, EGGS, POLYGLYCEROL ESTERS OF FATTY ACIDS, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE, SODIUM ACID PYROPHOSPHATE), NONFAT MILK, CINNAMON, MOLASSES, NATURAL FLAVORS, MODIFIED CORN STARCH, SALT, SODIUM ALGINATE, SOY LECITHIN, CINNAMON OIL.  
**CONTAINS WHEAT, MILK, EGG AND SOY INGREDIENTS.**

NLI#13267

## Kellogg's® Nutri-Grain® Bakery Delights *Cinnamon Crumb Cake*



# Fruit Pies

MICROWAVE DIRECTIONS: 1. Remove pie from package. 2. Place pie in center of microwave on napkin. 3. Heat on HIGH 10-15 seconds or until warm. 4. Heating times may vary with different ovens.

## Nutrition Facts

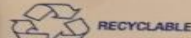
1 servings per container  
**Serving size**  
**1 Pie (128g/4.5 oz)**  
**Calories per serving**  
**480**

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 18g	<b>23%</b>	<b>Total Carb.</b> 78g	<b>28%</b>
Sat. Fat 9g	<b>45%</b>	Fiber 1g	<b>4%</b>
Trans Fat 0g		Total Sugars 30g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 29g Added Sugars	<b>58%</b>
<b>Sodium</b> 550mg	<b>24%</b>	<b>Protein</b> 3g	
Vitamin D 0%	• Calcium 0%	• Iron 10%	• Potassium 0%

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WATER, PALM OIL & FRACTIONATED PALM OIL, GLYCERIN, DEHYDRATED APPLES (TREATED WITH SULFUR DIOXIDE), CONTAINS 2% OR LESS: MODIFIED FOOD STARCH, SALT, PRESERVATIVES (SODIUM PROPIONATE, SODIUM BENZOATE, CITRIC ACID), MALTED BARLEY, WHEAT FLOUR, DEXTROSE, XANTHAN GUM, CINNAMON, SORBITAN MONOSTEARATE, NATURAL FLAVORS, CALCIUM CARBONATE, AGAR, MONO- & DIGLYCERIDES, SOY LECITHIN.  
 CONTAINS SOY, WHEAT.

DISTRIBUTED BY  
**Hostess Brands, LLC**

P.O. Box 419593, Kansas City, MO 64141-6593  
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# Margarine

## Nutrition Facts

Serving Size 1 tbsp (14g)  
 Servings Per Container 32

Amount Per Serving	% Daily Value*
<b>Calories</b> 100	Calories from Fat 100
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
Polyunsaturated Fat 4g	
Monounsaturated Fat 3.5g	
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
<b>Protein</b> 0g	

Vitamin A 10%

Not a significant source of cholesterol, dietary fiber, sugars, vitamin C, calcium and iron.

\*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: VEGETABLE OIL BLEND (SOYBEAN OIL, PALM OIL, SUNFLOWER OIL, PALM KERNEL OIL), WATER, WHEY (MILK), SOY LECITHIN, DISTILLED MONOGLYCERIDES, POTASSIUM SORBATE AND CALCIUM DISODIUM EDTA (USED TO PROTECT QUALITY), CITRIC ACID, NATURAL FLAVOR, VITAMIN A PALMITATE, BETA CAROTENE (COLOR).

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**REFRIGERATE FOR QUALITY**

## Make It Yours™ Cookie Recipe with Mix-ins

Makes Approximately 4 Dozen Cookies

Prep Time: 10 minutes • Cook Time: 12 minutes

- 1 cup (2 sticks) Country Crock®
- <sup>3</sup>/<sub>4</sub> cup granulated sugar
- <sup>3</sup>/<sub>4</sub> cup firmly packed light brown sugar
- 1 large egg
- 1 large egg yolk
- 2 tsp. vanilla extract
- 2 <sup>1</sup>/<sub>2</sub> cups all-purpose flour
- 1 tsp. baking powder
- <sup>3</sup>/<sub>4</sub> tsp. salt
- <sup>1</sup>/<sub>4</sub> tsp. baking soda
- 1 cup of your choice of mix-ins



- Preheat oven to 375°F. Mix Country Crock®, granulated sugar, light brown sugar, egg, egg yolk and vanilla in large bowl until well mixed. Stir in flour, baking powder, salt and baking soda until blended.
- Add mix-ins (such as chocolate chips, sprinkles, nuts, dried fruit etc.) until every spoonful of the dough has some of the mix-ins.
- Drop dough by rounded tablespoons onto ungreased baking sheets. Bake 10 to 12 minutes until edges are lightly golden. Cool 1 minute; remove from sheets and cool completely.

For more recipes, visit us at  
[CountryCrock.com](http://CountryCrock.com)

0g TRANS FAT PER SERVING  
 NO PARTIALLY HYDROGENATED OILS  
 45% LESS SATURATED FAT THAN BUTTER

Per Serving	Cal.	Fat	Sat. Fat	Trans Fat
Country Crock Unsalted with Sunflower Oil	100	11g	3.5g	0g
Butter	100	11g	7g	0g



# Gerber Graduate Cookies

## Nutrition Facts

Serving Size 1 cookie (9g)  
 Servings Per Container About 16

Amount Per Serving	% Daily Value
<b>Calories</b> 35	
Calories from Fat 10	
<b>Total Fat</b> 1g	
Saturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 15mg	
<b>Potassium</b> 30mg	
<b>Total Carbohydrate</b> 6g	
Dietary Fiber 0g	
Sugars 3g	
<b>Protein</b> 0g	
<b>% Daily Value</b>	
Protein 0% • Vitamin A 0%	
Vitamin C 0% • Calcium 10%	
Iron 10% • Vitamin E 10%	
Zinc 10%	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRUCTOSE, DRIED BANANA PUREE, HIGH OLEIC CANOLA OIL AND/OR HIGH OLEIC SUNFLOWER OIL, SUGAR, LESS THAN 2% OF: BUTTERMILK POWDER, LEAVENING (BAKING SODA, POTASSIUM BICARBONATE, CALCIUM PHOSPHATE), DATEM, CORN SYRUP SOLIDS, BANANA ESSENCE, NATURAL FLAVOR, SOY LECITHIN, VANILLA EXTRACT, MIXED TOCOPHEROLS (TO MAINTAIN FRESHNESS), BETA CAROTENE COLOR, VITAMINS AND MINERALS: CALCIUM CARBONATE, VITAMIN E (ALPHA TOCOPHERYL ACETATE), IRON (FERRIC ORTHOPHOSPHATE), ZINC OXIDE.

DIST. BY GERBER PRODUCTS CO.,  
 FREMONT, MI 49413, USA

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