Protein	0%	• Vitamin A	0%
Vitamin C	0%	• Calcium	10%
Iron	10%	• Vitamin E	10%
Zinc	10%		

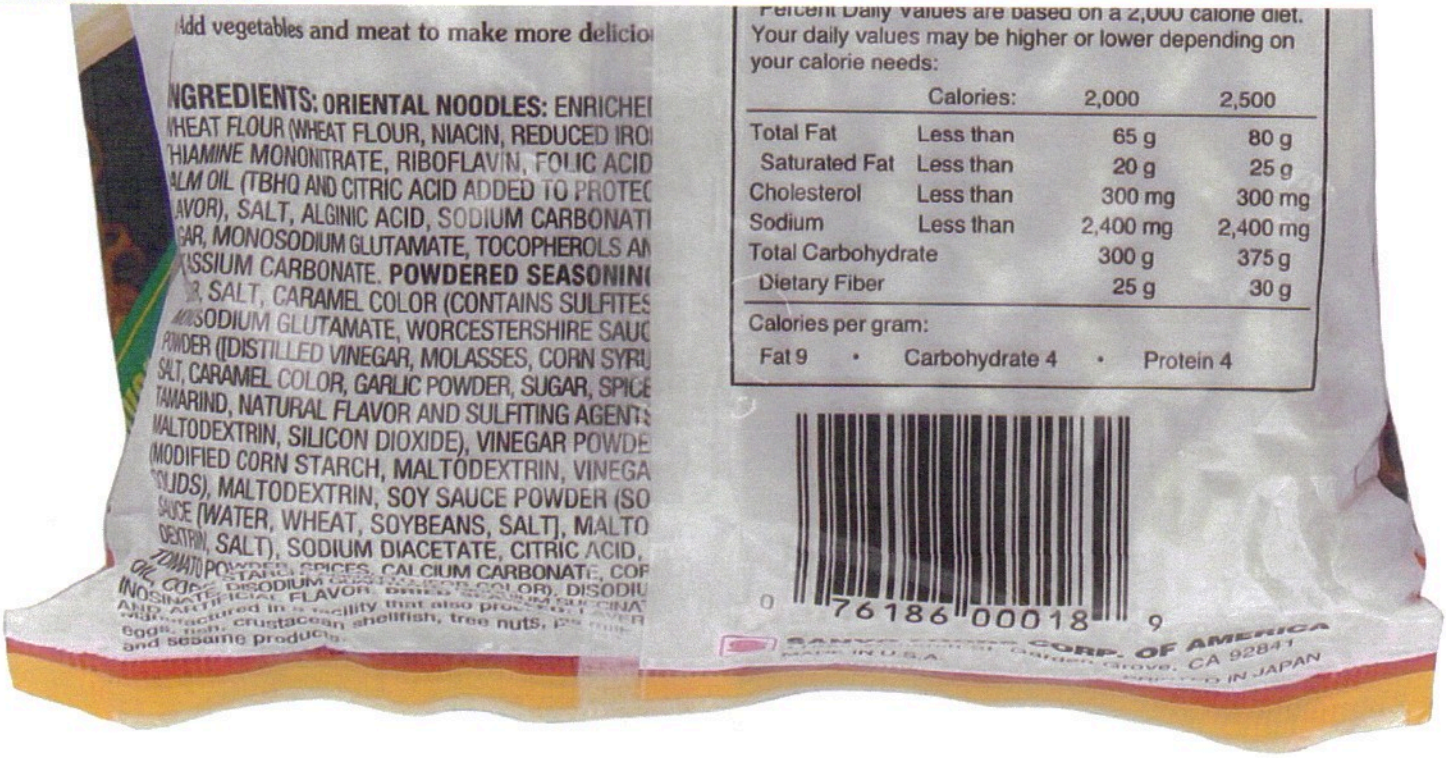
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), FRUCTOSE, DRIED BANANA PUREE, ULTRA LOW LINOLENIC SOYBEAN OIL AND/OR HIGH OLEIC CANOLA OIL AND/OR HIGH OLEIC SUNFLOWER OIL, SUGAR, CALCIUM CARBONATE, BUTTERMILK POWDER, DATEM, CORN SYRUP SOLIDS, SODIUM BICARBONATE, POTASSIUM BICARBONATE, CALCIUM PHOSPHATE, BANANA ESSENCE, NATURAL FLAVOR, VANILLA EXTRACT, SOY LECITHIN, ALPHA TOCOPHEROL ACETATE (VITAMIN E), FERRIC ORTHOPHOSPHATE (IRON), MIXED TOCOPHEROLS (FOR FRESHNESS), ZINC OXIDE, BETA CAROTENE COLOR.

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

EGG BEATERS

CHICKEN NOODLE SOUP

ORIENTAL NOODLES



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.

SOY MILK

Nutrition Facts

Serving Size 1 Cup (240 mL)
Servings Per Container 8

Amount Per Serving	
Calories 100 Calories from Fat 30	
	% Daily Value*
Total Fat 3.5 g	5%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 2 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 95 mg	4%
Potassium 300 mg	8%
Total Carbohydrate 10 g	3%
Dietary Fiber 1 g	4%
Sugars 7 g	
Protein 6 g	

Vitamin A 10%	•	Vitamin C	0%
Calcium 30%	•	Iron	6%
Vitamin D 30%	•	Riboflavin	30%
Folate 6%	•	Vitamin B12	50%
Magnesium 10%	•	Zinc	4%
Selenium 8%			

*Percent Daily Values are based on a 2,000

INGREDIENTS: All Natural Soymilk (Filtered Water, Whole Soybeans), All Natural Evaporated Cane Juice, Calcium Carbonate, Natural Vanilla Flavor, Sea Salt, Carrageenan, Vitamin A Palmitate, Vitamin D_2, Riboflavin (B_2), Vitamin B_{12}. No more, no less.

Distributed by WhiteWave Foods
Broomfield, Colorado 80021

MADE IN USA

This soymilk is made from soybeans that were not genetically engineered.

Satisfaction Guaranteed!
We bet you'll like our soymilk. Try it. If you don't like it, we'll give you your money back.
For details, call 888-820-9283 or visit SilkSoymilk.com

NOT TO BE USED AS INFANT FORMULA

Kellogg's®
Nutri-Grain®
Apple Cinnamon

Nutrition Facts

Serving Size 1 Bar (44g)

Amount Per Serving	
Calories 160	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 2g	

Vitamin A	15%	• Vitamin C	0%
Calcium	20%	• Iron	10%
Thiamin	30%	• Riboflavin	30%
Niacin	30%	• Vitamin B_6	30%
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

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: CRUST: WHOLE GRAIN OATS, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B_1 [THIAMIN MONONITRATE], VITAMIN B_2 [RIBOFLAVIN], FOLIC ACID), WHOLE WHEAT FLOUR, SOYBEAN AND/OR CANOLA OIL, SOLUBLE CORN FIBER, SUGAR, DEXTROSE, FRUCTOSE, CALCIUM CARBONATE, WHEY, WHEAT BRAN, SALT, CELLULOSE, NATURAL AND ARTIFICIAL FLAVOR, POTASSIUM BICARBONATE, CINNAMON, MONO- AND DIGLYCERIDES, SOY LECITHIN, WHEAT GLUTEN, NIACINAMIDE, CARRAGEENAN, VITAMIN A PALMITATE, ZINC OXIDE, REDUCED IRON, GUAR GUM, VITAMIN B_6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B_1 (THIAMIN HYDROCHLORIDE), VITAMIN B_2 (RIBOFLAVIN). **FILLING:** INVERT SUGAR, CORN SYRUP, APPLE PUREE CONCENTRATE, GLYCERIN, SUGAR, MODIFIED CORN STARCH, SODIUM ALGINATE, MALIC ACID, METHYLCELLULOSE, DICALCIUM PHOSPHATE, CINNAMON, CITRIC ACID, CARAMEL COLOR.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

NLI#09288

Margarine label.

Nutrition Facts

Serv Size 1 Tbsp (14g)
Servings: About 24
Calories 80
Calories from Fat 80

Amount/Serving	% DV*	Amount/Serving	% DV*
Total Fat 8g	12%	**Cholesterol** 0mg	0%
Sat Fat 2.5g	13%	**Sodium** 85mg	4%
Trans Fat 0g		**Total Carb** 0g	0%
Polyunsat Fat 3g		Sugars 0g	
Monounsat Fat 2.5g		**Protein** 0g	

Vitamin A 15% • Vitamin D 15%
Vitamin B6 35% • Vitamin B12 20% • Vitamin E 15%
Not a significant source of dietary fiber, Vitamin C, Calcium and Iron

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Natural Oil Blend (palm fruit, soybean, fish, canola and olive oils), water, plant sterols; contains less than 2% of salt, sorbitan esters of fatty acids, monoglycerides of vegetable fatty acids, natural and artificial flavors, TBHQ (to preserve freshness), potassium sorbate, lactic acid, soy lecithin, vitamin B12, vitamin E acetate, vitamin B6, beta carotene (color), vitamin A palmitate, calcium disodium EDTA, Vitamin D3.

Whipped Cream

Nutrition Facts

Serving Size 1 tbsp (15mL)
Servings Per Container 32

Amount Per Serving	
Calories 50	Calories from Fat 50
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3.5g	17%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 5mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	

Vitamin A 4% • 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

INGREDIENTS: HEAVY CREAM, MILK, CONTAINS LESS THAN 0.5% OF: MONO AND DIGLYCERIDES, POLYSORBATE 80, CARRAGEENAN. CONTAINS MILK.

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EDEN PRAIRIE, MN 55344 USA
MADE IN USA

ULTRA-PASTEURIZED
GRADE A
FILLED AT LOCATION WHOSE PLANT NUMBER APPEARS ON THE CARTON.
KEEP REFRIGERATED
USE WITHIN 7 DAYS OF OPENING BUT NOT LATER THAN CODE DATE.
DO NOT FREEZE.

Whipping Directions

Using an electric mixer on high speed, beat desired amount of whipping cream in large mixing bowl until fluffy and stiff peaks form.

Contact us at www.essentialeveryday.com or 1-877-932-7948.