

HOMESTYLE POTATOES

Nutrition Facts

1 serving per container
Serving size 3/4 cup (80g) dry
 (about 1 cup prepared)

Amount per serving
Calories 290
 % Daily Value*

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 850mg	37%
Total Carbohydrate 60g	22%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 1g Added Sugars	2%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 1mg	6%
Potassium 979mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

INGREDIENTS: Dehydrated potato flakes (potato, monoglycerides, sodium acid pyrophosphate, citric acid, sodium bisulfite and BHA to preserve freshness), natural butter flavor (whey solids, enzyme modified butter, maltodextrin, salt, butter, guar gum, annatto and turmeric), cheddar cheese (cheddar cheese [pasteurized milk, salt, culture, annatto, enzymes], whey, palm oil, maltodextrin, salt, blue cheese [pasteurized milk, salt, culture, enzymes], natural flavor, lactic acid, citric acid, disodium inosinate and disodium guanylate, yellow 5, yellow 6), low sodium chicken base (corn syrup solids, corn starch, hydrolyzed soy and corn protein, salt, rendered chicken fat, sugar, onion powder, disodium inosinate and disodium guanylate, spices, turmeric, dehydrated parsley, natural flavor, and silicon dioxide added to prevent caking), chives. **Contains:** Milk, soy.

MAPLE BROWN SUGAR OATMEAL

Nutrition Facts

1 serving per container
Serving size 1/2 cup (58g) dry
 (about 2/3 cup prepared)

Amount per serving
Calories 230
 % Daily Value*

Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Total Carbohydrate 42g	15%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes 14g Added Sugars	28%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 200mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Quick oats, sugar, creamer (hydrogenated coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, mono and diglycerides, silicon dioxide, soy lecithin), natural and artificial maple flavor (dextrose, maltodextrin, less than 2% silicon dioxide added to prevent caking), brown sugar, non-iodized salt.

Contains: Milk, soy.

PROTEIN SHAKE CHOCOLATE

Nutrition Facts

1 serving per container
Serving size 2/3 cup (115g) dry
 (about 12 oz prepared)

Amount per serving
Calories 480
 % Daily Value*

Total Fat 16g	21%
Saturated Fat 13g	65%
<i>Trans Fat</i> 0g	
Cholesterol 70mg	23%
Sodium 430mg	19%
Total Carbohydrate 61g	22%
Dietary Fiber 3g	11%
Total Sugars 37g	
Includes 31g Added Sugars	62%

Protein 29g	41%
Vitamin D 18mcg	90%
Calcium 322mg	25%
Iron 3mg	15%
Potassium 899mg	20%
Vitamin A 1130mcg	130%
Vitamin B12 0.5mcg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet.

INGREDIENTS: Whey protein (whey protein concentrate, sunflower oil lecithin), sugar, creamer (coconut oil, corn syrup solids, sodium caseinate [a milk derivative], dipotassium phosphate, sugar, mono and diglycerides, silicon dioxide, polysorbate 80, tetrasodium pyrophosphate, soy lecithin), modified food starch, nonfat dry milk, cocoa, non-iodized salt, vitamin A palmitate, silicon dioxide, vitamin D3.

Contains: Milk, soy.

EQUENCHAL WATER

Nutrition Facts

1 serving per container
Serving size 12 fl oz (355mL)

Amount per serving
Calories 0
 % Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Purified water, mineral complex (chloride, magnesium, sulfate, sodium, potassium, lithium, boron).*

*Natural electrolytes and minerals added for taste.