

Orange

100% FROZEN CONCENTRATE
12 FL. OZ IN CAN

Nutrition

Serving Size 1/4 cup (70ml)
this much concentrate reconstitutes to
8 fl. oz. (240 ml)
Servings per container 6

Amount Per Serving		
Calories 120		
		% Daily Value*
Total Fat	0g	0%
Saturated Fat	0g	0%
Sodium	0mg	0%
Potassium	430mg	12%
Total Carbohydrate	29g	10%
Fiber	0g	
Sugars	28g	
Protein	0g	
Vitamin A 0%	• Vitamin C 130%	
Iron 2%	• Calcium 2%	
Thiamin 10%	• Folate 10%	

INGREDIENTS: ORANGE JUICE CONCENTRATES
FROM U.S.A, BRAZIL AND MEXICO

Rolled Oats (Oatmeal)

Nutrition Facts

Serving Size 1/2 Cup dry (40g)
Servings per container 30

Amount Per Serving		
Calories 150		
		% Daily Value*
Total Fat	3g	5%
Saturated Fat	0.5g	2%
Polyunsaturated Fat	1g	
Monounsaturated Fat	1g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	27g	9%
Dietary Fiber	4g	15%
Soluble Fiber	2g	
Insoluble Fiber	2g	
Sugars	1g	
Protein	5g	
Vitamin A 0%	• Vitamin C 0%	
Calcium 0%	• Iron 10%	

INGREDIENT: 100 % Natural Whole
Grain Quaker Quality Rolled Oats

*Whole Wheat Bread***Nutrition Facts**

Serving Size 1 slice (56 grams)

Servings per container approx. 17

Amount Per Serving

Calories 120

		% Daily Value*
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	260mg	11%
Total Carbohydrate	27g	9%
Dietary Fiber	3g	14%
Sugar	6g	
Protein	4g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	2%	•	Iron	4%

NOT ON LABEL:

Thiamin	18%	•		
Riboflavin	10%	•	Niacin	16%
Zinc	10%	•	Magnesium	16%

INGREDIENTS: 100% whole wheat flour, water, sugar, yeast, salt

Wheat Bread**Nutrition Facts**

Serving Size 2 slices (56 grams)

Servings per container approx. 11

Amount Per Serving

Calories 140

		% Daily Value*
Total Fat	2g	4%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	28g	10%
Dietary Fiber	1.5g	7%
Sugar	2g	
Protein	6g	

Vitamin A	0%	•	Vitamin C	0%
Calcium	8%	•	Iron	12%
Thiamin	20%	•	Niacin	12%
Riboflavin	12%			

NOT ON LABEL:

Zinc	4%	•	Magnesium	7%
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INGREDIENTS (1st 7): Enriched wheat flour, water, whole wheat flour, high fructose corn syrup, vegetable oil, yeast, salt **plus about 12 additives**

Ak Mak Crackers

Nutrition

Serving Size 5 crackers
Servings per container 4

Amount Per Serving

Calories 116

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0.5g **2%**

Cholesterol 3mg **1%**

Sodium 213mg **9%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3.5g **14%**

Sugar 2.5g

Protein 4.6g

Vitamin A 0% • Calcium 0%

Vitamin C 0% • Iron 6%

INGREDIENTS: 100% stone ground whole wheat flour, water, honey, sesame oil, butter, sesame seeds, yeast and salt

VEGETARIAN *Refried Beans*

Nutrition Facts

Serving Size 1/2 Cup (128g)
Servings per container approx. 3.5

Amount Per Serving

Calories 100 (7% of DV)

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 560mg **23%**

Total Carbohydrate 18g **6%**

Dietary Fiber 6g **24%**

Protein 6g

Calcium 4% • Iron 10%

Vitamin B6 12% • Zinc 12%

Magnesium 13% • Potassium 17%

INGREDIENTS: Cooked pinto beans, water, canola oil, salt, vinegar, spices.

White Rice

Nutrition Facts

Serving Size 3/4 cup prepared
Servings per container approx. 30

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 35g **12%**

Dietary Fiber 0g **0%**

Protein 3g

Thiamin	15%	• Niacin	15%
Folic Acid	15%	• Iron	6%
B6	7%	• Magnesium	4%
Phosphorus	7%	• Zinc	5%

INGREDIENTS: enriched long grain rice, ferric orthophosphate (iron), thiamine mononitrate (thiamine), folic acid, niacin, riboflavin

Brown Rice

Nutrition Facts

Serving Size 3/4 cup prepared
Servings per container approx. 32

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 32g **12%**

Dietary Fiber 1g **4%**

Protein 3g

Thiamin	9%	• Niacin	11%
Folate	1%	• Iron	4%
B6	10%	• Magnesium	13%
Phosphorus	12%	• Zinc	5%

INGREDIENTS: long grain brown rice

Snapple Kiwi Strawberry Cocktail

5% JUICE 16 fl ALL NATURAL

Nutrition Facts

Serving Size 8 fl oz (240ml)
 Servings per container 2

Amount Per Serving

Calories 130 Calories from Fat 0

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Sodium	10mg	0%
Total Carbohydrate	33g	11%
Sugars	33g	
Protein	0g	

Not a significant source of other nutrients.

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

INGREDIENTS: FILTERED WATER, HIGH FRUCTOSE CORN SYRUP, KIWI JUICE AND STRAWBERRY JUICE (FROM CONCENTRATE), NATURAL FLAVORS AND COLORS, GUM ACACIA AND ESTER GUM

HONEY ROASTED Sunflower Seeds

Nutrition Facts

Serving Size 2 Tbsp. (15 grams)
 Servings per container approx. 22

Amount Per Serving

Calories 95

% Daily Value*

Total Fat	8g	12%
Saturated Fat	1	6%
Cholesterol	0mg	0%
Sodium	60mg	3%
Total Carbohydrate	3g	1%
Dietary Fiber	2g	11%
Sugar	1g	

Protein 4g

Vitamin A	0%	• Vitamin C	0%
Calcium	2%	• Iron	12%
Thiamin	37%	• Folate	10%
Magnesium	20%	• Vitamin E	60%

INGREDIENTS: sunflower seeds, sugar, peanut oil, honey, salt.

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Tillamook BUTTER		CANOLEO brand MARGARINE	
Nutrition Facts Serving Size 1 tbsp. (14g) Servings per container about 32		Nutrition Facts Serving Size 1 tbsp. (14g) Servings per container about 32	
Amount Per Serving		Amount Per Serving	
Calories 100		Calories 100	
		% Daily Value*	
Total Fat	11g 17%	Total Fat	11g 17%
Saturated Fat	7g 35%	Saturated Fat	1g 5%
Cholesterol	30mg 10%	<i>Trans Fat</i>	
Sodium	90mg 4%	Cholesterol	0mg 0%
Total Carbohydrate	0g 0%	Sodium	100mg 4%
Dietary Fiber	0g 0%	Total Carbohydrate	0g 0%
Sugars	0g	Protein	0g
Protein	0g	Vitamin A	10%
Vitamin A	8%	Vitamin C	0%
*Not a significant source of Vitamin C, calcium and iron.		Calcium	0%
*Percent Daily Values are based on a 2,000 calorie diet.		Iron	0%
INGREDIENTS: Cream, Salt, Annatto (a natural color)		INGREDIENTS: Non hydrogenated vegetable oil blend (Canola, soybean, fractionated palm oil, olive oil), water, sea salt, soy protein, soy lecithin, natural flavor (contains a milk derivative), citric acid (antioxidant), beta-carotene (color), vitamin A palmitate, vitamin D3, vitamin E (antioxidant)	

Palm oil comes from the pulp of the tree's nut (sometimes called the *fruit*), while palm kernel oil comes from the two or three kernels found inside the nut. Palm oil contains just about equal amounts of saturated and unsaturated fatty acids, whereas palm *kernel* oil is about 82 percent saturated. Neither contains any trans fatty acids because they have not been hydrogenated. Palm oil is sometimes subjected to "fractionation," meaning that its fatty acids are partially separated from one another to produce oils with different balances of saturated to unsaturated fatty acids. Without knowing which fractionated product you're getting in your margarine, you don't know its ratio of saturated to unsaturated fatty acid.

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