



9886

5 lb. Nonfat Blended Vanilla

PACKAGING			
SCC Code:	10078800113234	Unit Size:	5 LB
Kosher:	Yes	Case Gross Weight (imperial):	21.50
Unit Quantity:	4	Item UPC:	078800113237
Ambient Shelf Life:	N/A	Refrigerated Shelf Life:	75 DAYS
Frozen Shelf Life:		Servings Per Case:	40

NUTRITION

Nutrition Facts

Serving Size: 8 OZ (227g)
 Servings Per Container: 10

Amount Per Serving

Calories 180 Calories from Fat 0

	Per Serving	% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	150 mg	6%
Carbohydrate	38 g	13%
Dietary Fiber	0 g	0%
Sugars	32 g	
Protein	3 g	

	Per Serving		Per Serving
Vitamin A	0 %	Vitamin C	4 %
Calcium	60 %	Iron	0 %
Vitamin D	40 %		

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fat 9 Calories per gram: Carbohydrate 4 Protein 4

GENERAL DESCRIPTION

Upstate Farms Blended Nonfat Yogurts have a fresh, mild flavor without the aftertaste common in many other yogurts.

LIST OF INGREDIENTS

Cultured Pasteurized Grade A Nonfat Milk, Sugar, Water, Modified Corn Starch, Whey, Natural Flavors, Tricalcium Phosphate, Gellan Gum, Potassium Sorbate (for freshness), Citric Acid, Vitamin D3.

Product Name	Kellogg's Low Fat Granola Crunchy Clusters (no raisins or nuts)
UPC Code	38000-49834

Serving Size	2/3 Cup							
Serving Size g	58							
Serving Size oz								
Amount Per Serving							with 1/2 cup skim milk	
Calories	220				260			
Calories from Fat	25				25			
			% Daily Value**				% Daily Value**	
Total Fat*	2.5	g	4	%		g	4	%
Saturated Fat	1	g	5	%		g	5	%
Trans Fat	0	g				g		
Cholesterol	0	mg	0	%		mg	0	%
Sodium	85	mg	4	%		mg	6	%
Potassium	125	mg	4	%		mg	9	%
Total Carbohydrate	48	g	16	%		g	18	%
Dietary Fiber	4	g	18	%		g	18	%
Sugars	16	g				g		
Protein	5	g		%		g		%
Vitamin A			2	%			6	%
Vitamin C			2	%			4	%
Calcium			0	%			15	%
Iron			8	%			8	%

*Amount in cereal. One half cup of skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrates (6g sugars) and 4g protein.

**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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Ingredients:

Ingredients: Whole grain oats, whole grain wheat, corn syrup, sugar, rice, contains 2% or less of modified corn starch, molasses, palm oil, salt, cinnamon, honey, natural and artificial flavor, malt flavoring, mono and diglycerides, BHT(for freshness).

Vitamins and minerals: Vitamin C (sodium ascorbate, ascorbic acid), niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12.

**ALLERGEN INFORMATION:
CONTAINS WHEAT INGREDIENTS**

Nutritional Information for BERRIES THREE BLEND 4-5# GFS

Product Number:	221020
Description:	AP Berries, Three Berry Blend, GFS

Nutritional Information		
Serving Size 1 cup (140 g)		
Amount Per Serving		
Calories 80		Calories from Fat 9
% Daily Value		
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
PolyUnSat	n/a	n/a
MonoUnSat	n/a	n/a
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Potassium	n/a	n/a
Total Carbs	19 g	6%
Dietary Fiber	7 g	28%
Sugars	11 g	n/a
Protein	1 g	2%
Vitamin A -	0%	Vitamin C - 25%
Calcium -	2%	Iron - 4%
Percent Daily Values are based on a 2,000 calorie diet		

Ingredients: Blackberries, raspberries, blueberries. **COMMON ALLERGENS PRESENT:** None. Nutrition and Ingredient statement updated July 2010. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.

RR 1A 3463

PEPPERIDGE FARM

Goldfish
BAKED GRAHAM SNACKS

Giant
Grahams



MADE WITH REAL
CINNAMON

MADE WITH
WHOLE GRAIN
GOOD SOURCE OF
CALCIUM

2 Pieces

NET WT 0.9 OZ (26g)

DO NOT USE IF PACKAGE IS OPEN OR TORN
FOR FOOD SERVICE ONLY.
Satisfaction guaranteed. For questions or comments,

Cinn Goldfish

NO HIGH FRUCTOSE CORN SYRUP ADDED

Nutrition Facts

Serv. Size: 1 Pouch, Amount Per Serving: Calories 120, Fat Cal. 35,
Total Fat 4g (6% DV), Sat. Fat 1g (5% DV), Trans Fat 0g, Polyunsaturated Fat 2g, Monounsaturated
Fat 1g, Cholest. 0mg (0% DV), Sodium 110mg (5% DV), Total Carb. 19g (6% DV), Dietary Fiber
1g (5% DV), Sugars 6g, Protein 1g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (4% DV), Percent Daily Values (DV) are based on a 2,000 calorie diet.

MADE FROM: WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, RIBOFLAVIN, VITAMIN
B2, THIAMINE MONONITRATE, VITAMIN B1, REDUCED IRON, FOLIC ACID), SUGAR, VEGETABLE OILS (PARTIALLY
HYDROGENATED SOYBEAN AND COTTONSEED), FRUCTOSE, CONTAINS 2 PERCENT OR LESS OF: CINNAMON,
CALCIUM CARBONATE, SALT, BAKING SODA, ASCORBIC ACID (VITAMIN C), FERRIC ORTHOPHOSPHATE,
MALTODEXTRIN, VITAMIN A PALMITATE, WHEAT STARCH, SOY LECITHIN.

DIST. BY: PEPPERIDGE FARM, INC., NORWALK, CT 06866 BAKED IN U.S.A. 15094-7RR-6
910-48001942

please call us toll free 1-888-737-7374. Thank you.

