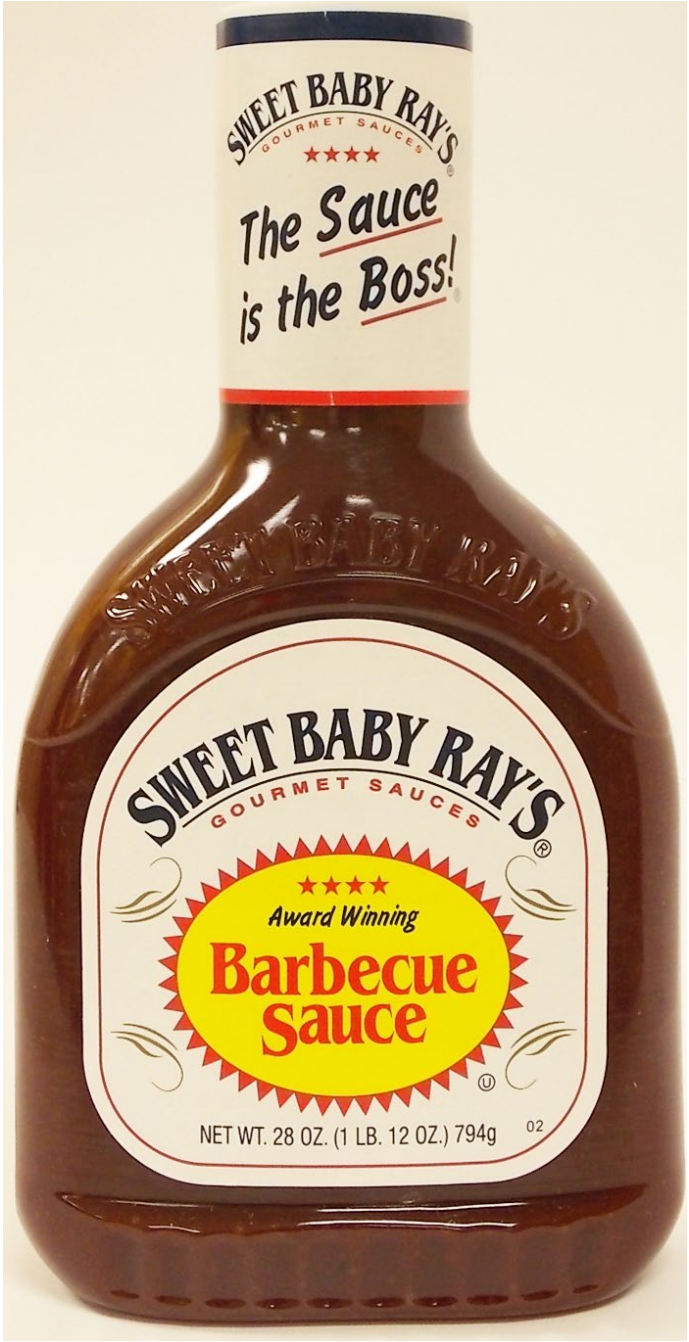
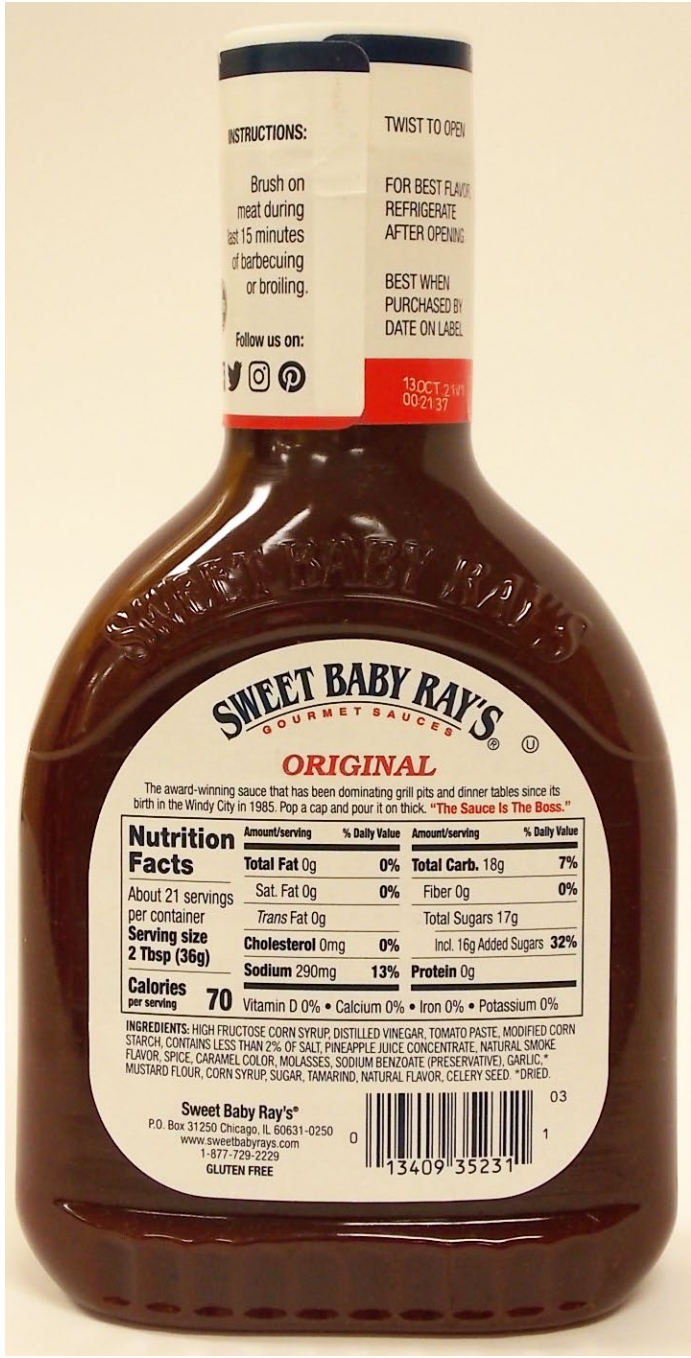
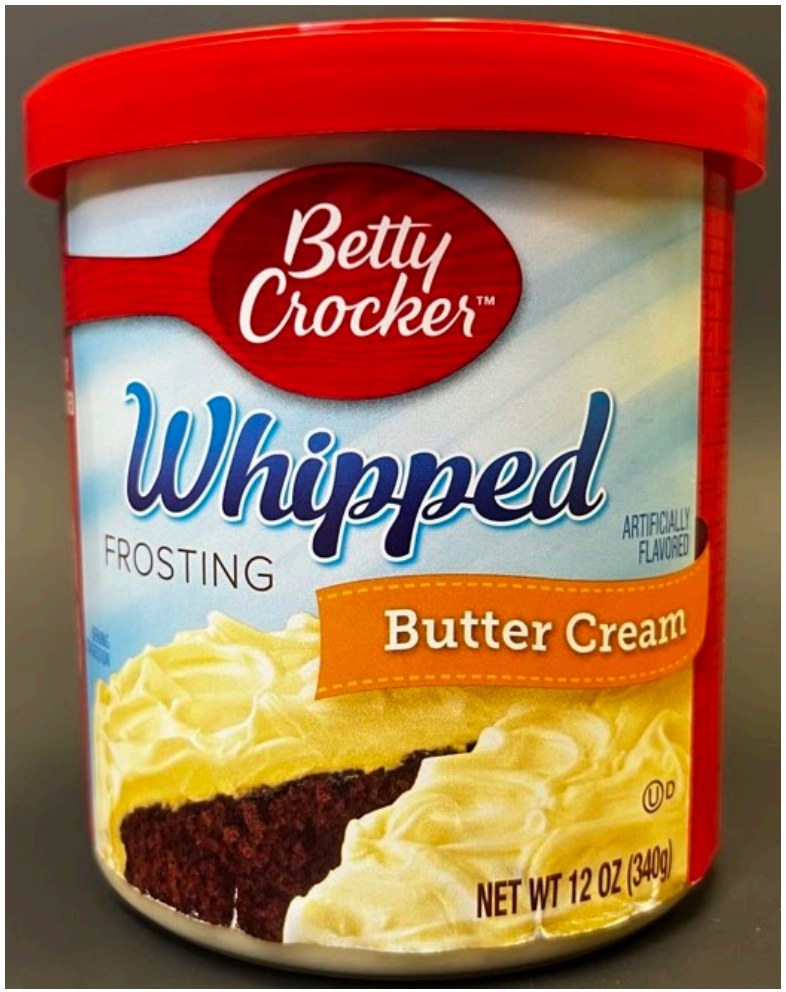
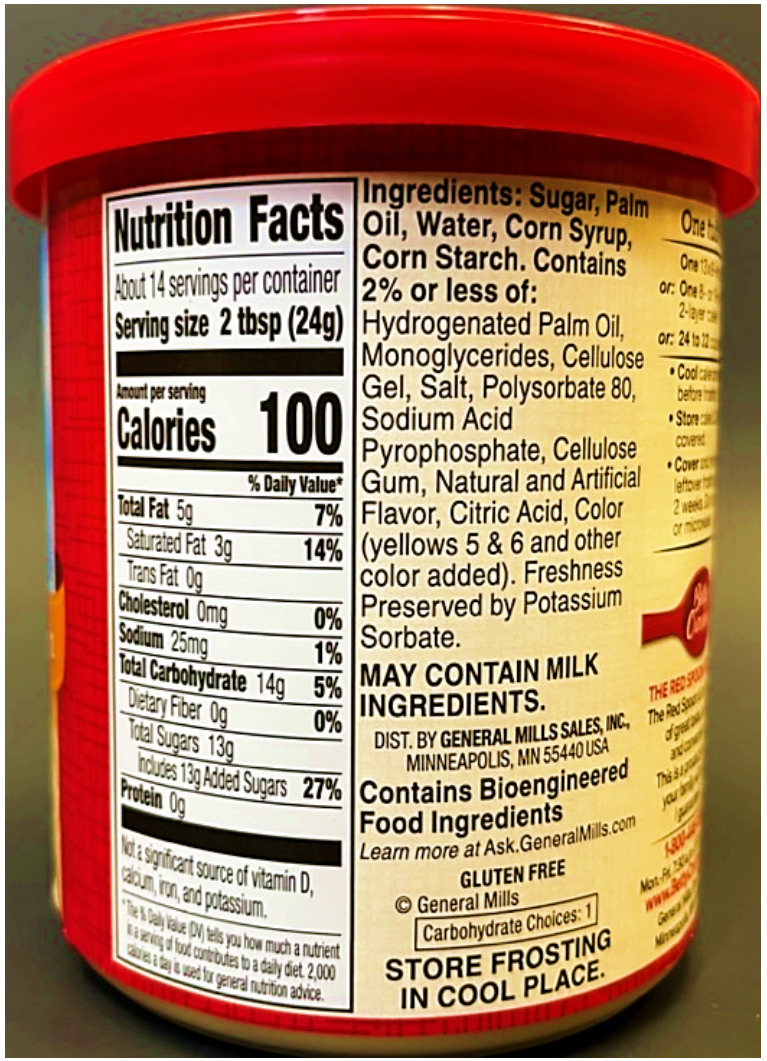

SWEET BABY RAY'S
GOURMET SAUCES
The Sauce is the Boss!
SWEET BABY RAY'S
GOURMET SAUCES
Award Winning
Barbecue Sauce
NET WT. 28 OZ. (1 LB. 12 OZ.) 794g
02


INSTRUCTIONS:
Brush on meat during last 15 minutes of barbecuing or broiling.
Follow us on:
TWIST TO OPEN
FOR BEST FLAVOR REFRIGERATE AFTER OPENING
BEST WHEN PURCHASED BY DATE ON LABEL
13 OCT 21 YR 00:21:37
SWEET BABY RAY'S
GOURMET SAUCES
ORIGINAL
The award-winning sauce that has been dominating grill pits and dinner tables since its birth in the Windy City in 1985. Pop a cap and pour it on thick. "The Sauce Is The Boss."
Nutrition Facts
About 21 servings per container
Serving size 2 Tbsp (36g)
Calories per serving 70
Amount/serving | % Daily Value
Total Fat 0g 0%
Sat. Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 290mg 13%
Amount/serving | % Daily Value
Total Carb. 18g 7%
Fiber 0g 0%
Total Sugars 17g
Incl. 16g Added Sugars 32%
Protein 0g
Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%
INGREDIENTS: HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, TOMATO PASTE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, PINEAPPLE JUICE CONCENTRATE, NATURAL SMOKE FLAVOR, SPICE, CARAMEL COLOR, MOLASSES, SODIUM BENZOATE (PRESERVATIVE), GARLIC,* MUSTARD FLOUR, CORN SYRUP, SUGAR, TAMARIND, NATURAL FLAVOR, CELERY SEED. *DRIED.
Sweet Baby Ray's®
P.O. Box 31250 Chicago, IL 60631-0250
www.sweetbabyrays.com
1-877-729-2229
GLUTEN FREE
0 13409 35231 1
03


Betty Crocker™
Whipped
FROSTING
ARTIFICIALLY FLAVORED
Butter Cream
NET WT 12 OZ (340g)



Nutrition Facts

About 14 servings per container

Serving size 2 tbsp (24g)

Amount per serving

Calories 100

	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 3g	**14%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 25mg	**1%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 0g	**0%**
Total Sugars 13g	
Includes 13g Added Sugars	**27%**
Protein 0g	

Not a significant source of vitamin D, calcium, iron, and potassium.

*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: Sugar, Palm Oil, Water, Corn Syrup, Corn Starch. Contains 2% or less of: Hydrogenated Palm Oil, Monoglycerides, Cellulose Gel, Salt, Polysorbate 80, Sodium Acid Pyrophosphate, Cellulose Gum, Natural and Artificial Flavor, Citric Acid, Color (yellows 5 & 6 and other color added). Freshness Preserved by Potassium Sorbate.

MAY CONTAIN MILK INGREDIENTS.

DIST. BY **GENERAL MILLS SALES, INC.,**
MINNEAPOLIS, MN 55440 USA

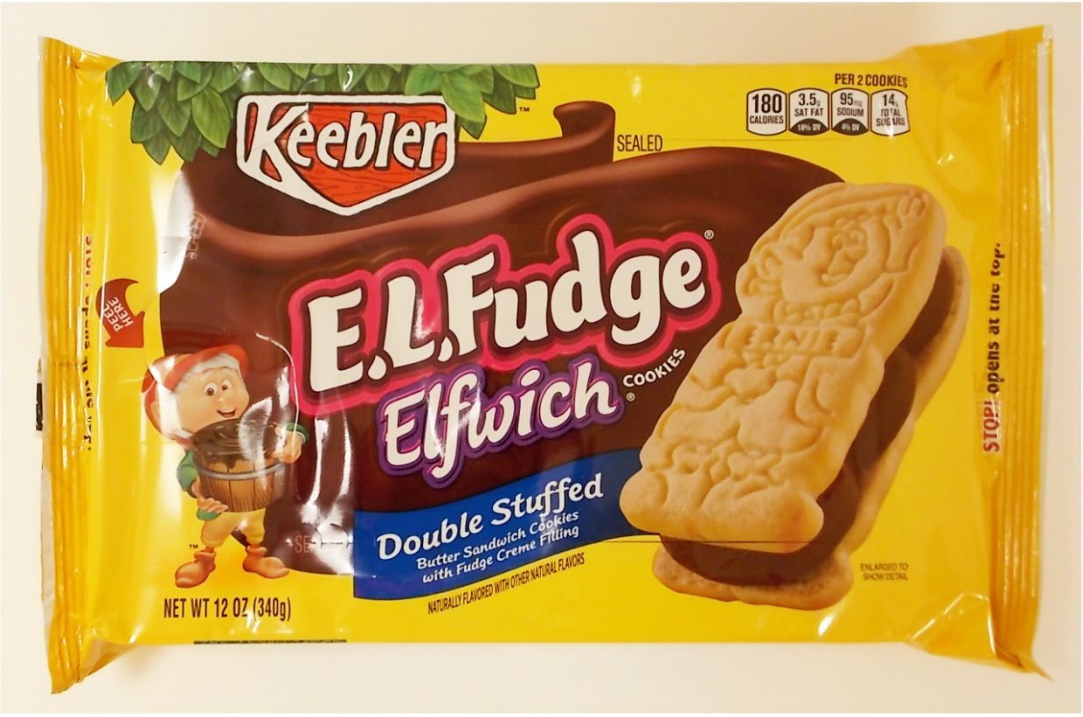
Contains Bioengineered Food Ingredients

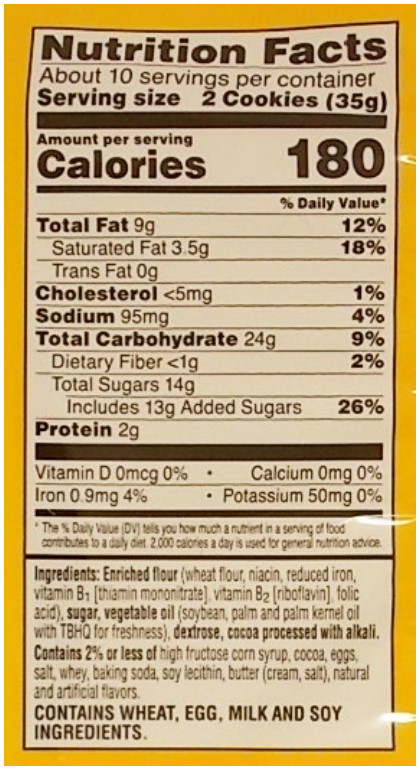
Learn more at Ask.GeneralMills.com

GLUTEN FREE

Carbohydrate Choices: 1

STORE FROSTING IN COOL PLACE.


Keebler
SEALED
PER 2 COOKIES
180 CALORIES
3.5g SAT FAT
95mg SODIUM
14g TOTAL SUGARS
E.L.Fudge
Elfwich
COOKIES
Double Stuffed
Butter Sandwich Cookies
with Fudge Creme Filling
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS
NET WT 12 OZ (340g)
STOP! opens at the top.
ENLARGED TO SHOW DETAIL



Nutrition Facts

About 10 servings per container
Serving size 2 Cookies (35g)

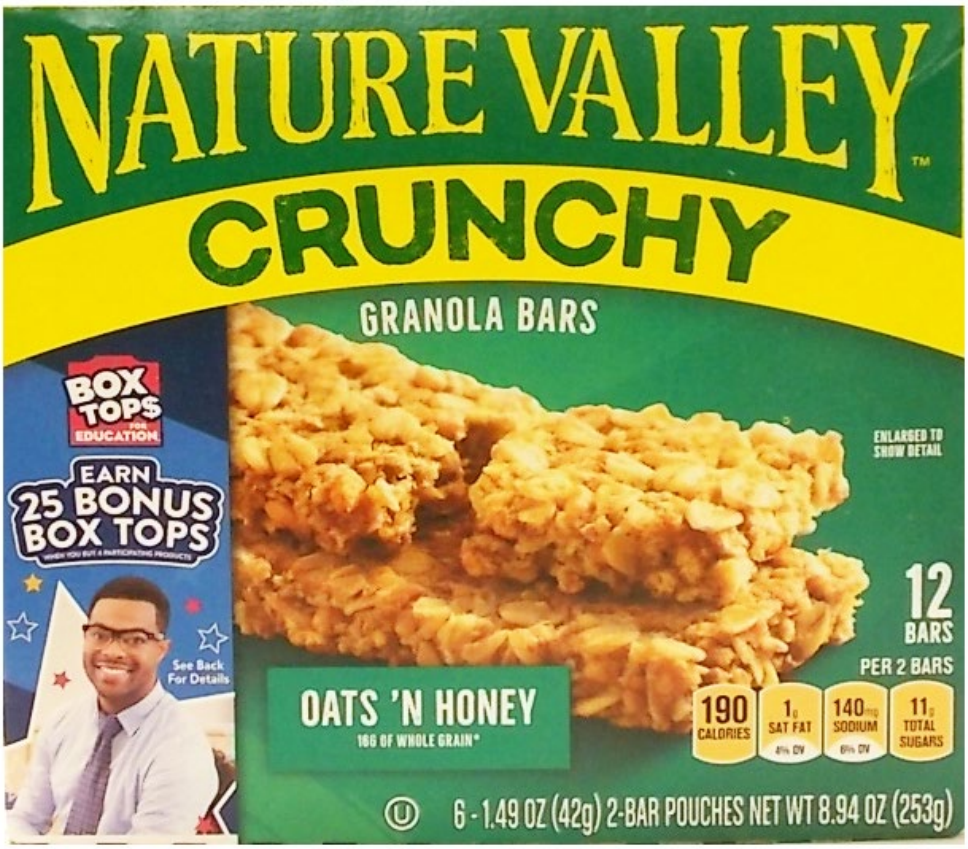
Amount per serving
Calories 180

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Cholesterol <5mg	**1%**
Sodium 95mg	**4%**
Total Carbohydrate 24g	**9%**
Dietary Fiber <1g	**2%**
Total Sugars 14g	
Includes 13g Added Sugars	**26%**
Protein 2g	

Vitamin D 0mcg 0% • Calcium 0mg 0%
Iron 0.9mg 4% • Potassium 50mg 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: Enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), **sugar, vegetable oil** (soybean, palm and palm kernel oil with TBHQ for freshness), **dextrose, cocoa processed with alkali.**
Contains 2% or less of high fructose corn syrup, cocoa, eggs, salt, whey, baking soda, soy lecithin, butter (cream, salt), natural and artificial flavors.
CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.


NATURE VALLEY
CRUNCHY
GRANOLA BARS
BOX TOPS FOR EDUCATION
EARN 25 BONUS BOX TOPS
See Back For Details
ENLARGED TO SHOW DETAIL
12 BARS
PER 2 BARS
OATS 'N HONEY
16G OF WHOLE GRAIN*
190 CALORIES
1g SAT FAT
140mg SODIUM
11g TOTAL SUGARS
6 - 1.49 OZ (42g) 2-BAR POUCHES NET WT 8.94 OZ (253g)

*16g of whole grain per serving. At least 48g of whole grain recommended daily.

Nutrition Facts

6 servings per container

Serving size **2 bars (42g)**

	2 bars		1 bar	
Calories	**190**		**100**	
		% DV*		**% DV***
Total Fat	7g	**9%**	3.5g	**5%**
Saturated Fat	1g	**4%**	0g	**0%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	140mg	**6%**	70mg	**3%**
Total Carb.	29g	**11%**	15g	**5%**
Dietary Fiber	2g	**8%**	1g	**4%**
Total Sugars	11g		6g	
Incl. Added Sugars	11g	**23%**	6g	**11%**
Protein	3g		2g	
Iron	1mg	6%	0.5mg	2%

Not a significant source of vitamin D, calcium and potassium.

* 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: Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

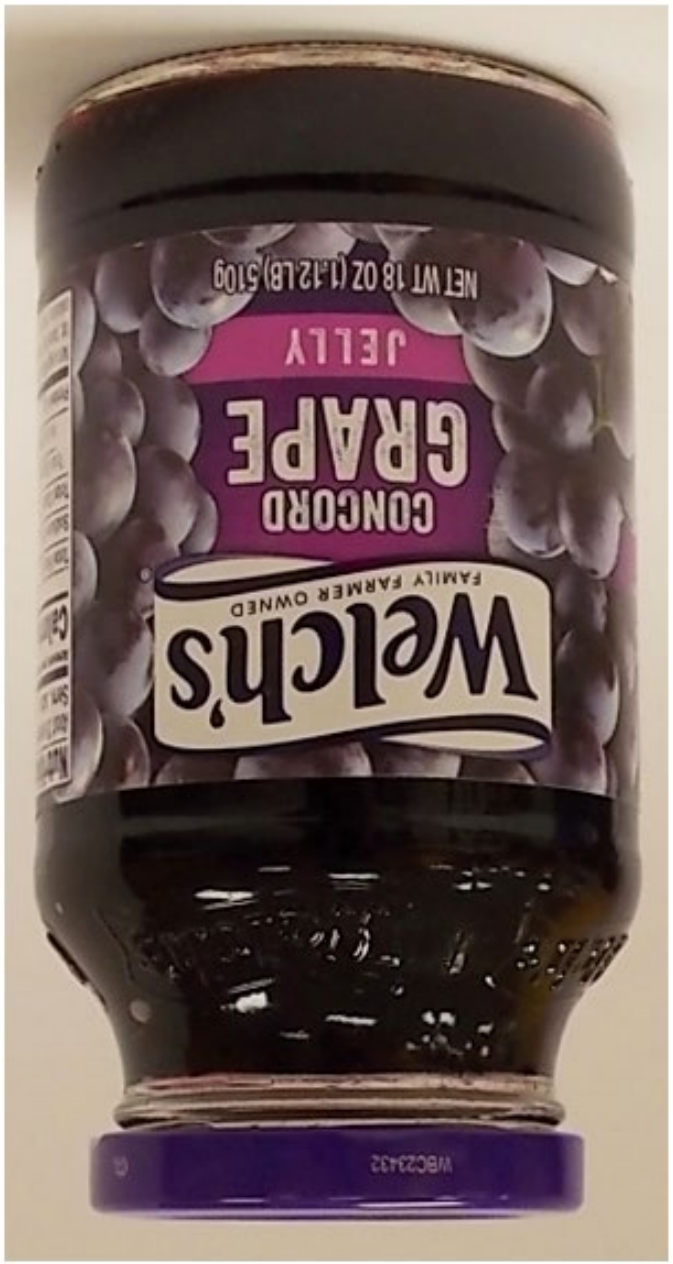
CONTAINS SOY; MAY CONTAIN PEANUT, ALMOND AND PECAN INGREDIENTS.

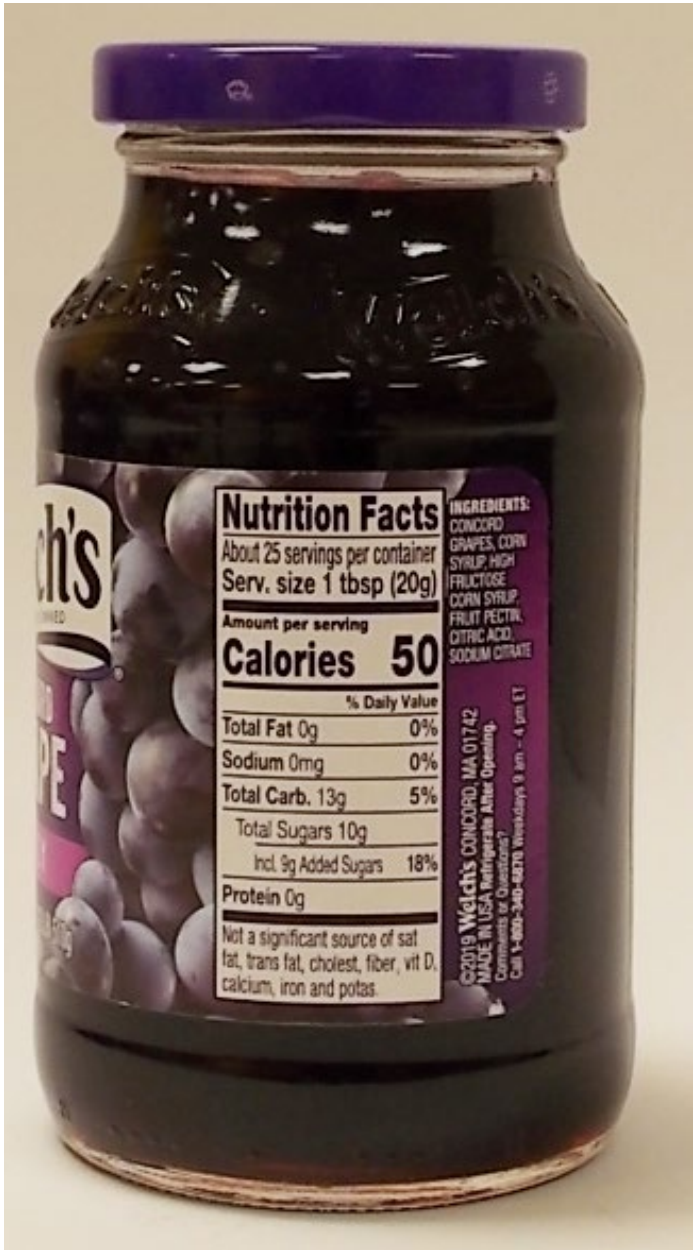
DISTRIBUTED BY **GENERAL MILLS SALES, INC.**, MINNEAPOLIS, MN 55440 USA

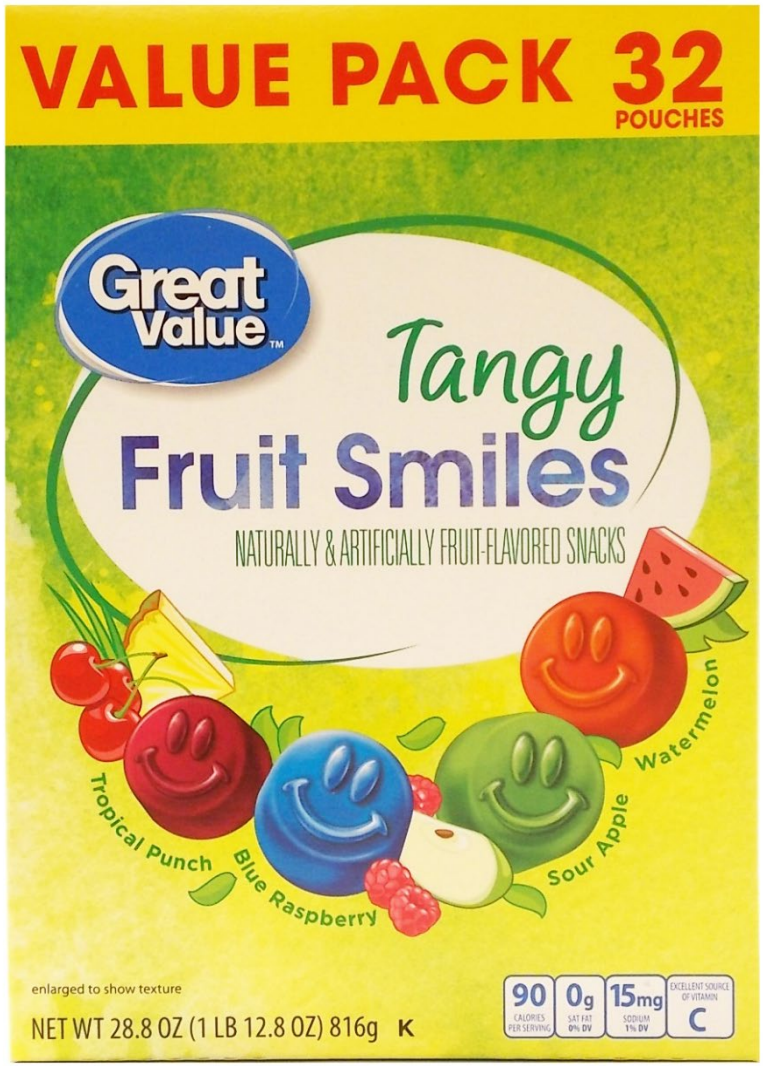
Contains Bioengineered Food Ingredients

Learn more at Ask.GeneralMills.com

8


NET WT 18 OZ (1 LB 2) 510g
JELLY
CONCORD
GRAPE
Welch's
FAMILY FARMER OWNED


Nutrition Facts
About 25 servings per container
Serv. size 1 tbsp (20g)
Amount per serving
Calories 50
% Daily Value
Total Fat 0g 0%
Sodium 0mg 0%
Total Carb. 13g 5%
Total Sugars 10g
Incl. 9g Added Sugars 18%
Protein 0g
Not a significant source of sat fat, trans fat, cholest, fiber, vit D, calcium, iron and potas
INGREDIENTS: CONCORD GRAPES, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, FRUIT PECTIN, CITRIC ACID, SODIUM CITRATE
©2019 Welch's CONCORD, MA 01742
MADE IN USA Refrigerate After Opening.
Comments or Questions?
Call 1-800-340-6870 Weekdays 9 am – 4 pm ET


VALUE PACK 32
POUCHES
Great Value
Tangy
Fruit Smiles
NATURALLY & ARTIFICIALLY FRUIT-FLAVORED SNACKS
Tropical Punch
Blue Raspberry
Sour Apple
Watermelon
enlarged to show texture
NET WT 28.8 OZ (1 LB 12.8 OZ) 816g K
90 CALORIES PER SERVING
0g SAT FAT 0% DV
15mg SODIUM 1% DV
EXCELLENT SOURCE OF VITAMIN C

Nutrition Facts

32 servings per container

Serving size 1 pouch (26g)

Amount per serving

Calories 90

	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 0g	**0%**
Total Sugars 12g	
Includes 12g Added Sugars	**25%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin C 60mg	70%

* The % Daily Value 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.

Calories per gram:

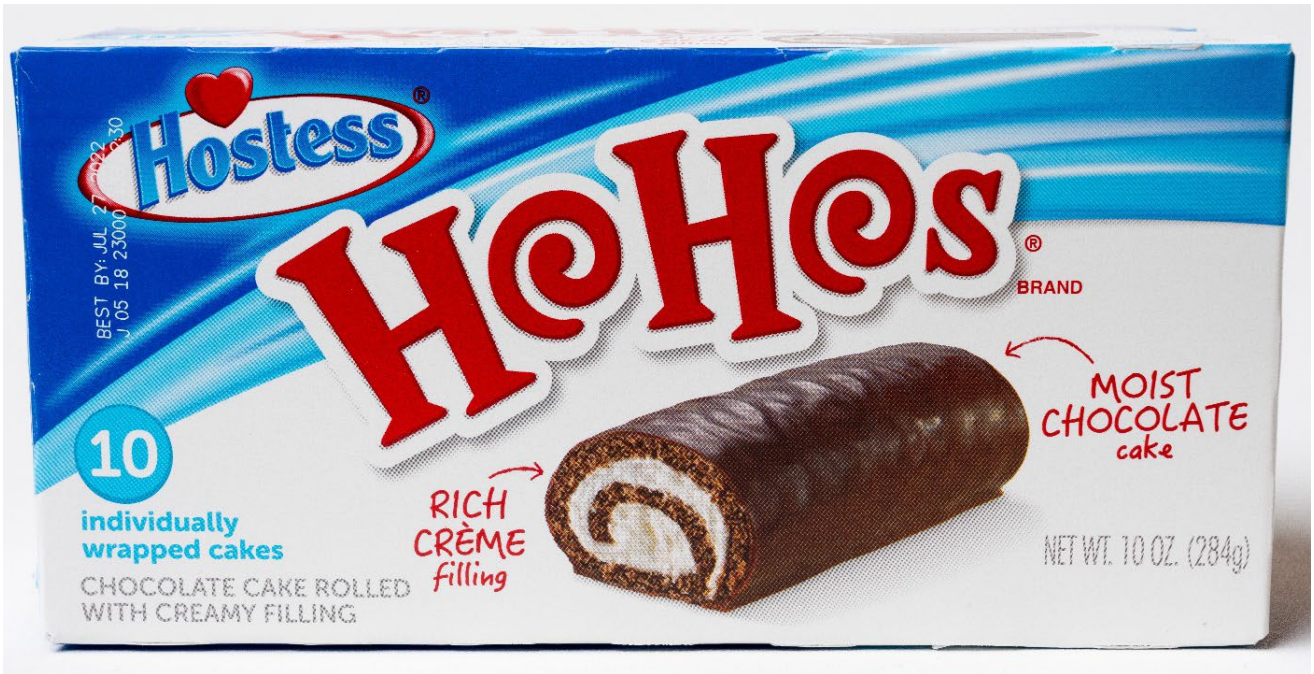
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: SUGAR, CORN SYRUP, MODIFIED FOOD STARCH (CORN), APPLE JUICE CONCENTRATE, CORNSTARCH, CANOLA OIL, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID (VITAMIN C), SODIUM CITRATE, WHITE MINERAL OIL, CARNAUBA WAX, RED 40, BLUE 1, YELLOW 6, YELLOW 5.

MAY CONTAIN TRACES OF MILK, EGGS, ALMONDS, COCONUT, PEANUTS AND SOY.

DISTRIBUTED BY: Wal-Mart Stores, Inc., Bentonville, AR 72716

KEEP KIDS SAFE. TO AVOID CHOKING, ONLY GIVE TO CHILDREN WHO CAN EASILY CHEW AND SWALLOW FOODS. CHILDREN SHOULD BE SEATED AND SUPERVISED WHILE EATING.


Hostess
HoHos
BRAND
MOIST CHOCOLATE cake
RICH CRÈME filling
10
individually wrapped cakes
CHOCOLATE CAKE ROLLED WITH CREAMY FILLING
NET WT. 10 OZ. (284g)

Nutrition Facts

About 3 servings per container

Serving size **3 Cakes (85g)**

Amount per serving

Calories **380**

	% Daily Value*
Total Fat 18g	**23%**
Saturated Fat 12g	**60%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 310mg	**13%**
Total Carbohydrate 54g	**20%**
Dietary Fiber 1g	**4%**
Total Sugars 41g	
Includes 40g Added Sugars	**80%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1.8mg	10%
Potassium 150mg	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.

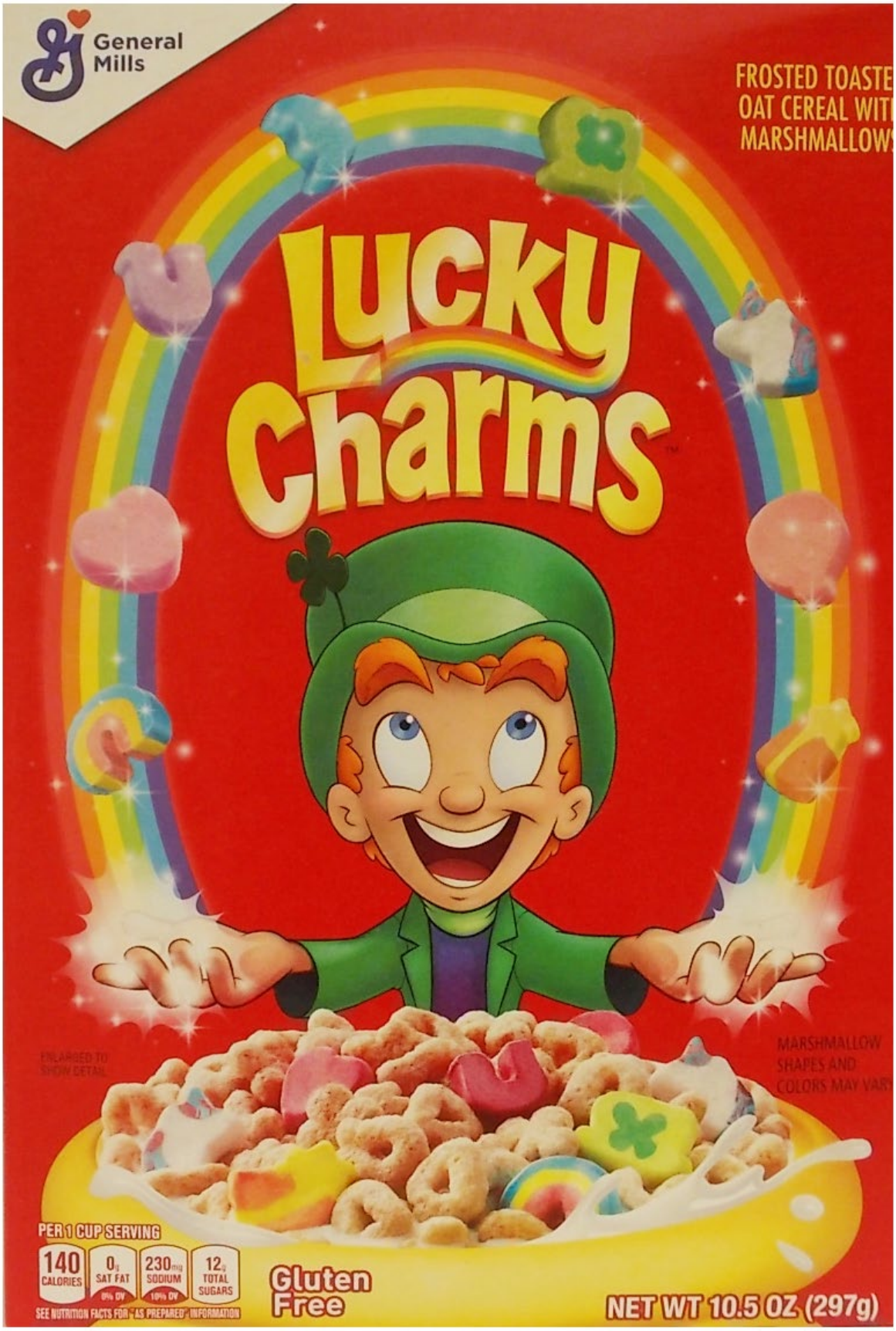
INGREDIENTS: SUGAR, WATER, CORN SYRUP, ENRICHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE OR REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), PALM OIL, PALM KERNEL OIL, WHEY, CONTAINS 2% OR LESS: SOYBEAN OIL, COCOA, COCOA PROCESSED WITH ALKALI, MONO AND DIGLYCERIDES, GLYCERIN, BAKING SODA, SOY LECITHIN, SALT, MODIFIED FOOD STARCH, CORN SYRUP SOLIDS, MINERAL OIL, EGG WHITES, EGG, PRESERVATIVES (SORBIC ACID, POTASSIUM SORBATE, NATAMYCIN), NATURAL AND ARTIFICIAL FLAVORS, SODIUM ACID PYROPHOSPHATE, POLYSORBATE 60, DEFATTED SOY FLOUR, SODIUM STEAROYL LACTYLATE, XANTHAN GUM, MONOCALCIUM PHOSPHATE, ENZYMES, CALCIUM CASEINATE, SODIUM CASEINATE, SOY PROTEIN ISOLATE. 527979

CONTAINS WHEAT, EGG, MILK, SOY

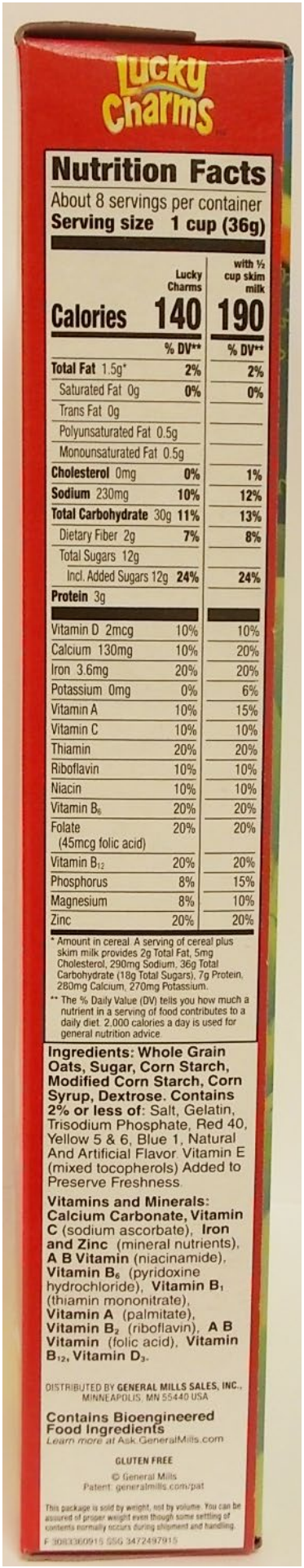
CONTAINS BIOENGINEERED FOOD INGREDIENTS

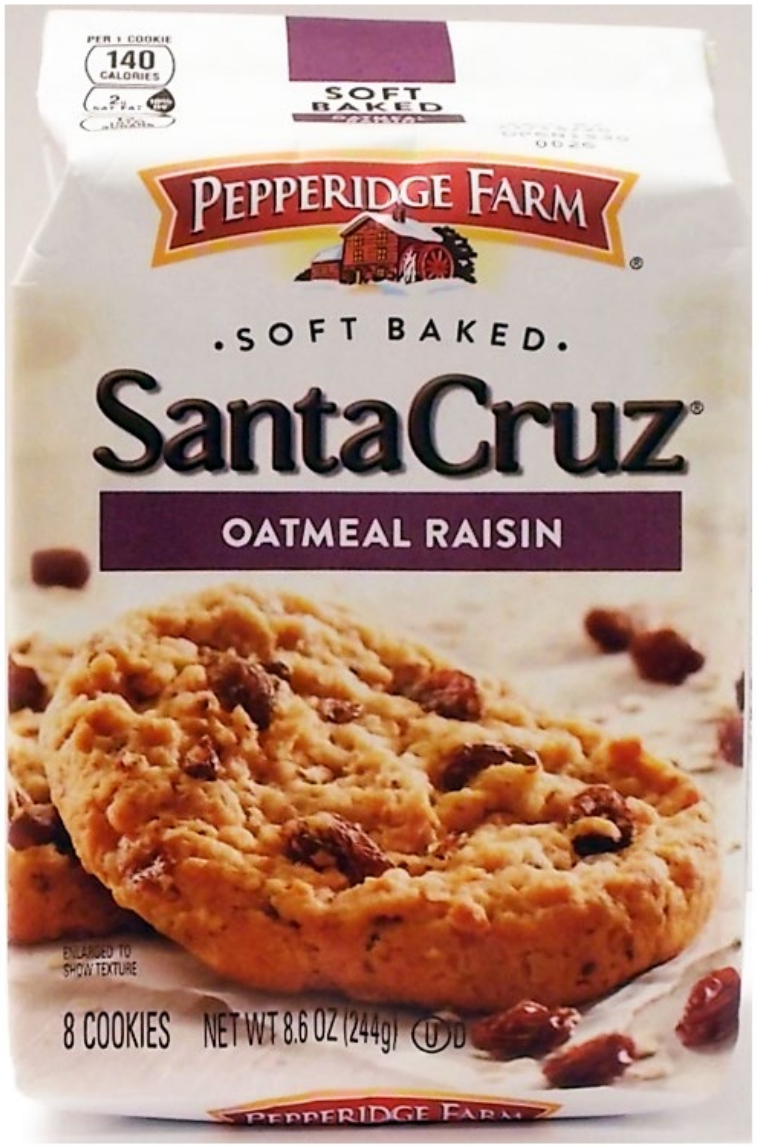
Hostess Brands, LLC
Lenexa, KS 66215

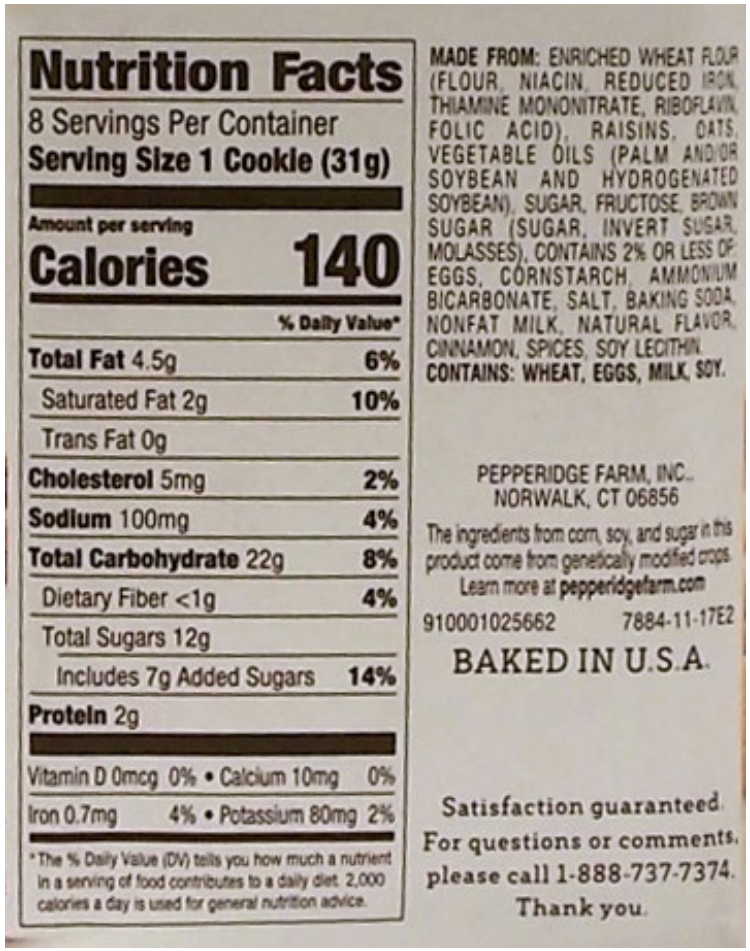
RECYCLABLE


General Mills
FROSTED TOASTE
OAT CEREAL WIT
MARSHMALLOW
Lucky Charms
ENLARGED TO SHOW DETAIL
MARSHMALLOW SHAPES AND COLORS MAY VARY
PER 1 CUP SERVING
140 CALORIES
0g SAT FAT 0% DV
230mg SODIUM 10% DV
12g TOTAL SUGARS
SEE NUTRITION FACTS FOR "AS PREPARED" INFORMATION
Gluten Free
NET WT 10.5 OZ (297g)

3, 5, 8


Lucky Charms
Nutrition Facts
About 8 servings per container
Serving size 1 cup (36g)
Lucky Charms
with ½ cup skim milk
Calories 140 190
% DV** % DV**
Total Fat 1.5g* 2% 2%
Saturated Fat 0g 0% 0%
Trans Fat 0g
Polyunsaturated Fat 0.5g
Monounsaturated Fat 0.5g
Cholesterol 0mg 0% 1%
Sodium 230mg 10% 12%
Total Carbohydrate 30g 11% 13%
Dietary Fiber 2g 7% 8%
Total Sugars 12g
Incl. Added Sugars 12g 24% 24%
Protein 3g
Vitamin D 2mcg 10% 10%
Calcium 130mg 10% 20%
Iron 3.6mg 20% 20%
Potassium 0mg 0% 6%
Vitamin A 10% 15%
Vitamin C 10% 10%
Thiamin 20% 20%
Riboflavin 10% 10%
Niacin 10% 10%
Vitamin B6 20% 20%
Folate (45mcg folic acid) 20% 20%
Vitamin B12 20% 20%
Phosphorus 8% 15%
Magnesium 8% 10%
Zinc 20% 20%
* Amount in cereal. A serving of cereal plus skim milk provides 2g Total Fat, 5mg Cholesterol, 290mg Sodium, 36g Total Carbohydrate (18g Total Sugars), 7g Protein, 280mg Calcium, 270mg Potassium.
** 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: Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
Contains Bioengineered Food Ingredients
Learn more at Ask.GeneralMills.com
GLUTEN FREE
© General Mills
Patent: generalmills.com/pat
This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.
F 3083360915 SSG 3472497915


PER 1 COOKIE
140
CALORIES
SOFT
BAKED
PEPPERIDGE FARM
.SOFT BAKED.
SantaCruz
OATMEAL RAISIN
ENLARGED TO
SHOW TEXTURE
8 COOKIES
NET WT 8.6 OZ (244g)



Nutrition Facts

8 Servings Per Container
Serving Size 1 Cookie (31g)

Amount per serving

Calories 140

	% Daily Value*
Total Fat 4.5g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 100mg	**4%**
Total Carbohydrate 22g	**8%**
Dietary Fiber <1g	**4%**
Total Sugars 12g	
Includes 7g Added Sugars	**14%**
Protein 2g	
Vitamin D 0mcg 0% • Calcium 10mg	0%
Iron 0.7mg 4% • Potassium 80mg	2%

* 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.

MADE FROM: ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), RAISINS, OATS, VEGETABLE OILS (PALM AND/OR SOYBEAN AND HYDROGENATED SOYBEAN), SUGAR, FRUCTOSE, BROWN SUGAR (SUGAR, INVERT SUGAR, MOLASSES), CONTAINS 2% OR LESS OF: EGGS, CORNSTARCH, AMMONIUM BICARBONATE, SALT, BAKING SODA, NONFAT MILK, NATURAL FLAVOR, CINNAMON, SPICES, SOY LECITHIN.
CONTAINS: WHEAT, EGGS, MILK, SOY.

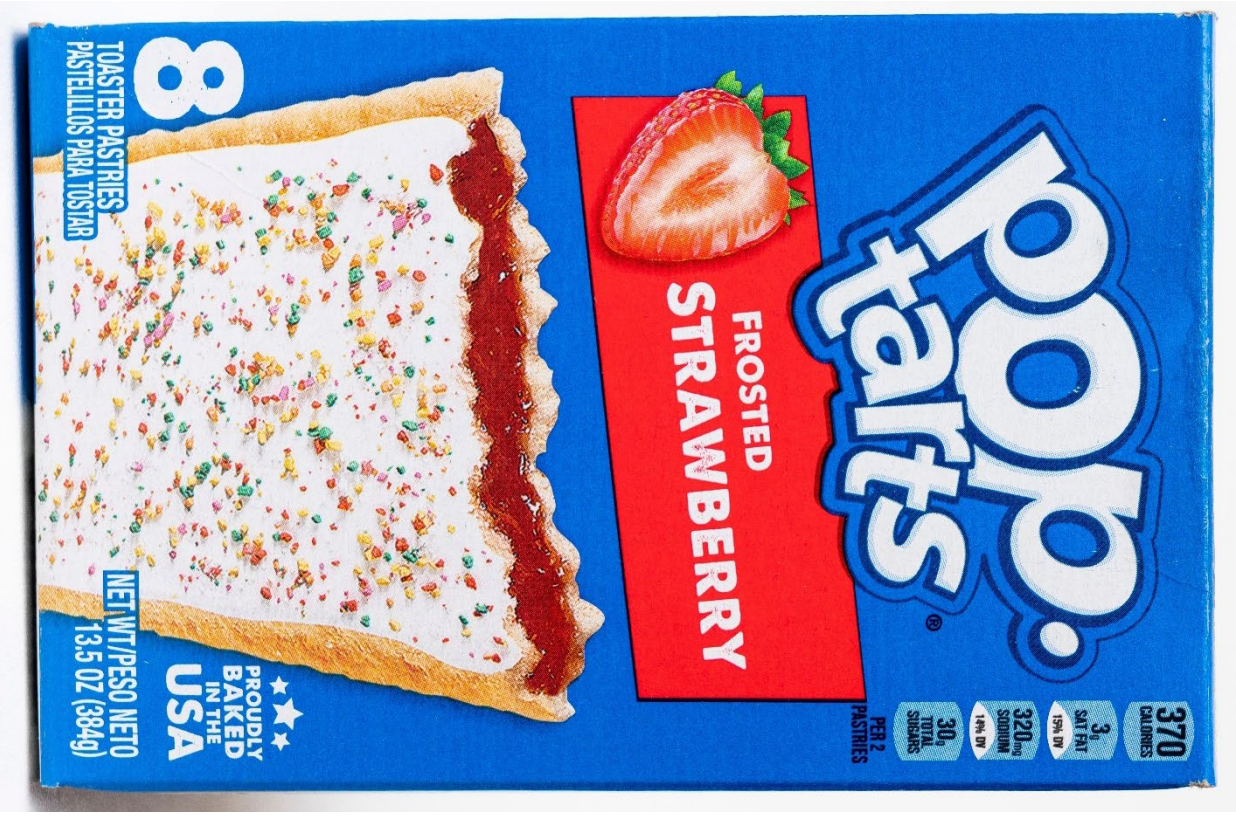
PEPPERIDGE FARM, INC.
NORWALK, CT 06856

The ingredients from corn, soy, and sugar in this product come from genetically modified crops. Learn more at **pepperidgefarm.com**

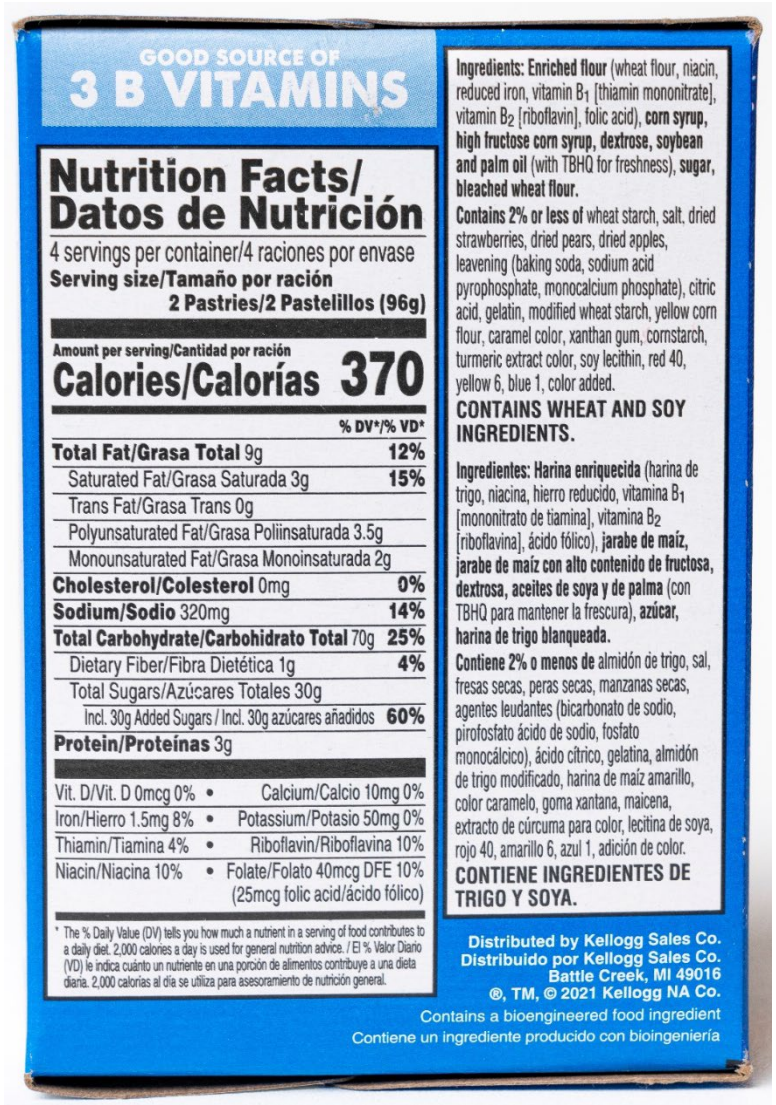
910001025662 7884-11-17E2

BAKED IN U.S.A.

Satisfaction guaranteed.
For questions or comments, please call 1-888-737-7374.
Thank you.


pop-tarts®
FROSTED
STRAWBERRY
370 CALORIES
3g SAT FAT 15% DV
320mg SODIUM 14% DV
30g TOTAL SUGARS
PER 2 PASTRIES
8
TOASTER PASTRIES
PASTELILLOS PARA TOSTAR
PROUDLY BAKED IN THE USA
NET WT/PESO NETO
13.5 OZ (384g)

8



GOOD SOURCE OF
3 B VITAMINS

Nutrition Facts/ Datos de Nutrición

4 servings per container/4 raciones por envase

Serving size/Tamaño por ración
2 Pastries/2 Pastelillos (96g)

Amount per serving/Cantidad por ración

Calories/Calorías 370

	% DV*/% VD*
Total Fat/Grasa Total 9g	**12%**
Saturated Fat/Grasa Saturada 3g	**15%**
Trans Fat/Grasa Trans 0g	
Polyunsaturated Fat/Grasa Poliinsaturada 3.5g	
Monounsaturated Fat/Grasa Monoinsaturada 2g	
Cholesterol/Colesterol 0mg	**0%**
Sodium/Sodio 320mg	**14%**
Total Carbohydrate/Carbohidrato Total 70g	**25%**
Dietary Fiber/Fibra Dietética 1g	**4%**
Total Sugars/Azúcares Totales 30g	
Incl. 30g Added Sugars / Incl. 30g azúcares añadidos	**60%**
Protein/Proteínas 3g	

Vit. D/Vit. D 0mcg 0%	Calcium/Calcio 10mg 0%
Iron/Hierro 1.5mg 8%	Potassium/Potasio 50mg 0%
Thiamin/Tiamina 4%	Riboflavin/Riboflavina 10%
Niacin/Niacina 10%	Folate/Folato 40mcg DFE 10% (25mcg folic acid/ácido fólico)

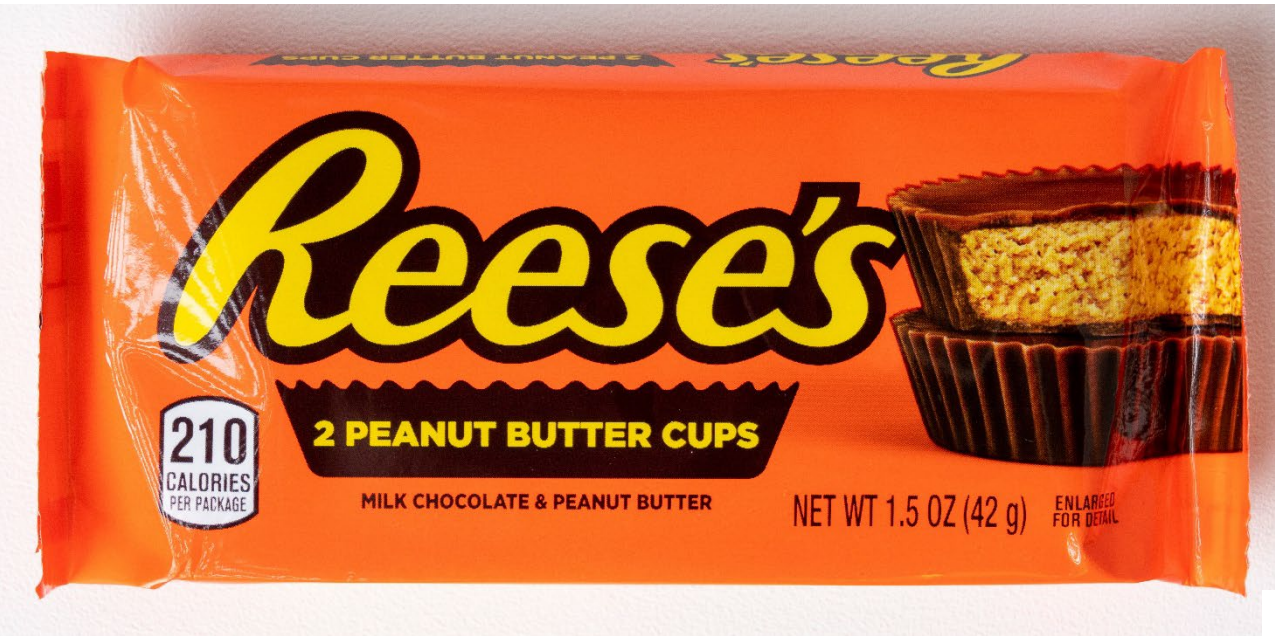
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. / El % Valor Diario (VD) le indica cuánto un nutriente en una porción de alimentos contribuye a una dieta diaria. 2,000 calorías al día se utiliza para asesoramiento de nutrición general.

Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), **corn syrup, high fructose corn syrup, dextrose, soybean and palm oil** (with TBHQ for freshness), **sugar, bleached wheat flour.**
Contains 2% or less of wheat starch, salt. dried strawberries, dried pears, dried apples, leavening (baking soda, sodium acid pyrophosphate, monocalcium phosphate), citric acid, gelatin, modified wheat starch, yellow corn flour, caramel color, xanthan gum, cornstarch, turmeric extract color, soy lecithin, red 40, yellow 6, blue 1, color added.
CONTAINS WHEAT AND SOY INGREDIENTS.

Ingredientes: Harina enriquecida (harina de trigo, niacina, hierro reducido, vitamina B_1 [mononitrato de tiamina], vitamina B_2 [riboflavina], ácido fólico), **jarabe de maíz, jarabe de maíz con alto contenido de fructosa, dextrosa, aceites de soya y de palma** (con TBHQ para mantener la frescura), **azúcar, harina de trigo blanqueada.**
Contiene 2% o menos de almidón de trigo, sal, fresas secas, peras secas, manzanas secas, agentes leudantes (bicarbonato de sodio, pirofosfato ácido de sodio, fosfato monocálcico), ácido cítrico, gelatina, almidón de trigo modificado, harina de maíz amarillo, color caramelo, goma xantana, maicena, extracto de cúrcuma para color, lecitina de soya, rojo 40, amarillo 6, azul 1, adición de color.
CONTIENE INGREDIENTES DE TRIGO Y SOYA.

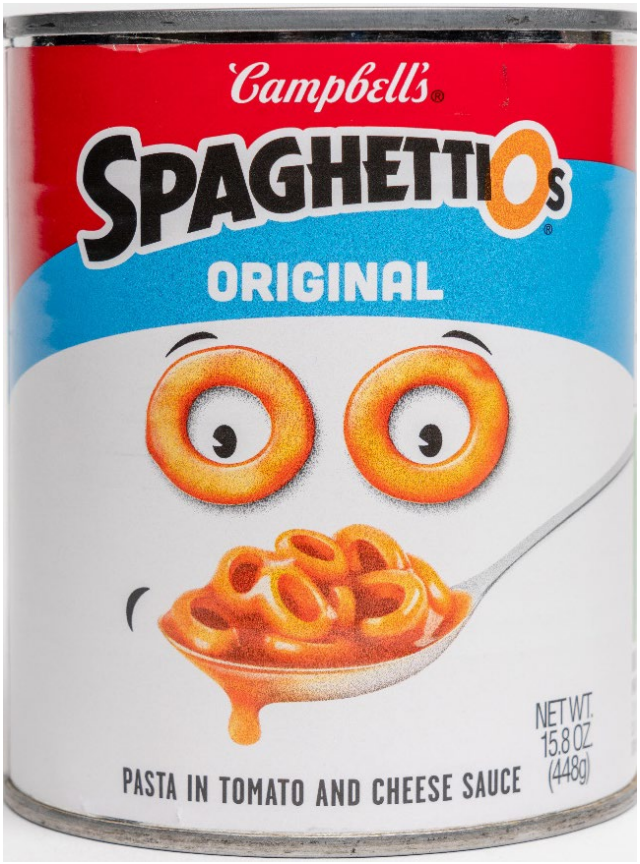
Distributed by Kellogg Sales Co.
Distribuido por Kellogg Sales Co.
Battle Creek, MI 49016

Contains a bioengineered food ingredient
Contiene un ingrediente producido con bioingeniería


Reese's
2 PEANUT BUTTER CUPS
210
CALORIES
PER PACKAGE
MILK CHOCOLATE & PEANUT BUTTER
NET WT 1.5 OZ (42 g)
ENLARGED
FOR DETAIL

Nutrition Facts Servings: 1, **Serv. size: 1 package (42g),** Amount Per Serving: **Calories 210,** **Total Fat** 12g (16% DV), Sat. Fat 4.5g (22% DV), *Trans* Fat 0g, **Cholest.** <5mg (1% DV), **Sodium** 150mg (6% DV), **Total Carb.** 24g (9% DV), Fiber 2g (6% DV), Total Sugars 22g (Incl. 20g Added Sugars, 40% DV), **Protein** 5g, Vit. D (0% DV), Calcium (4% DV), Iron (6% DV), Potas. (4% DV).

INGREDIENTS: MILK CHOCOLATE [SUGAR; COCOA BUTTER; CHOCOLATE; SKIM MILK; MILK FAT; LACTOSE; LECITHIN (SOY); PGPR]; PEANUTS; SUGAR; DEXTROSE; SALT; TBHQ AND CITRIC ACID, TO MAINTAIN FRESHNESS. ⓊD


Campbell's
SPAGHETTIOS
ORIGINAL
NET WT.
15.8 OZ
(448g)
PASTA IN TOMATO AND CHEESE SAUCE

Nutrition Facts

Serving size
1 container

Calories
170 per 1 cup | **290** per serving

	Per 1 cup	% DV*	Per serving	% DV*
Total Fat	1g	**1%**	2g	**3%**
Saturated Fat	0.5g	**3%**	1g	**5%**
Trans Fat	0g		0g	
Polyunsaturated Fat	0.5g		1g	
Monounsaturated Fat	0g		0g	
Cholesterol	< 5mg	**2%**	5mg	**2%**
Vitamin D	0mcg	0%	0mcg	0%
Calcium	30mg	2%	50mg	4%
Iron	1.5mg	8%	2.7mg	15%
Potassium	270mg	6%	480mg	10%
Vitamin A	100mcg	10%	220mcg	25%

	Per 1 cup	% DV*	Per serving	% DV*
Sodium	600mg	**26%**	1070mg	**47%**
Total Carb.	33g	**12%**	58g	**21%**
Dietary Fiber	3g	**11%**	5g	**18%**
Total Sugars	12g		22g	
Incl. Added Sugars	6g	**12%**	11g	**22%**
Protein	6g		10g	
Thiamin	0.2mg	15%	0.3mg	25%
Riboflavin	0.2mg	15%	0.4mg	30%
Niacin	2.6mg	15%	4.7mg	30%
Folate	110mcg DFE (65mcg folic acid)	30%	200mcg DFE (120mcg folic acid)	50%

*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.

HEALTHY KIDS ENTRÉE

MEETS CLAIM PER 1 CUP

0g of Trans Fat Per 1 Cup

4 Essential Nutrients in the Pasta

20% of Daily Vegetables†

†1 CUP OF CANNED PASTA = ½ CUP OF VEGETABLES. Dietary Guidelines recommend 2½ cups of a variety of vegetables per day for a 2,000 calorie diet.

READY IN 3 MINUTES!

MICROWAVE: *Microwave ovens vary. Time given is approximate.*

1. Heat, covered, in microwavable bowl on **HIGH** 1½ to 2 min. or until hot.
2. Careful, leave in microwave 1 min., then stir.

STOVE: Heat, stirring occasionally.

INGREDIENTS: WATER, TOMATO PUREE (WATER, TOMATO PASTE), ENRICHED PASTA (WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), HIGH FRUCTOSE CORN SYRUP, CONTAINS LESS THAN 2% OF: SALT, ENZYME MODIFIED CHEDDAR CHEESE (CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES, CALCIUM CHLORIDE], WATER, DISODIUM PHOSPHATE, ENZYMES), VEGETABLE OIL (CORN, CANOLA, AND/OR SOYBEAN), ENZYME MODIFIED BUTTER, BETA CAROTENE FOR COLOR, CITRIC ACID, PAPRIKA EXTRACT, SKIM MILK, NATURAL FLAVORING.
CONTAINS: WHEAT, MILK.

CAMPBELL SOUP COMPANY, CAMDEN, NJ, U.S.A. 08103-1701

CONTAINS BIOENGINEERED FOOD INGREDIENTS.
THE CORN, SOY AND CANOLA IN THIS PRODUCT COME FROM GENETICALLY MODIFIED CROPS.

FRANCO AMERICAN®

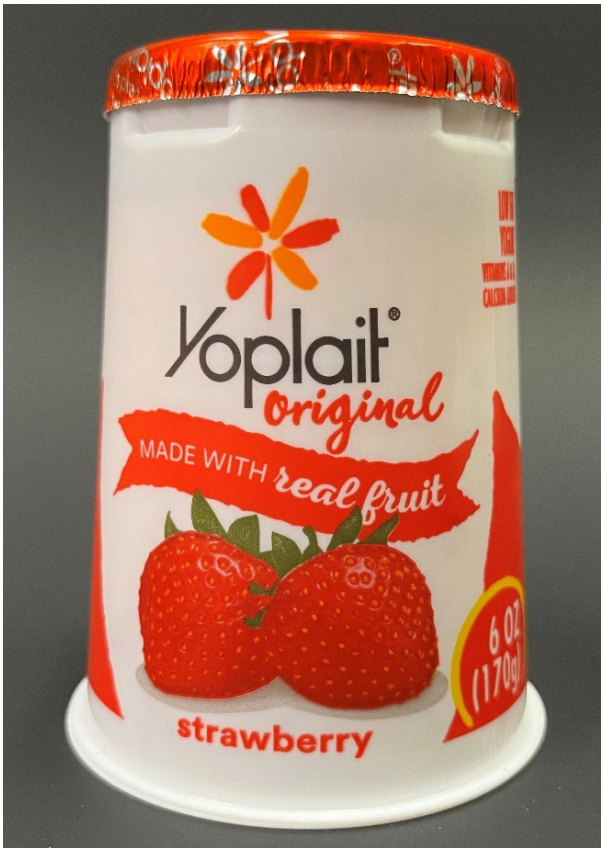
Best if used by date on package. CAUTION: Metal edges are sharp. Promptly refrigerate unused product in separate container.

Questions or Comments?
Call us at **1-800-PASTA-02.**
campbells.com/spaghettios

Rinse & Insert Lid
how2recycle.info
METAL CAN

0 51000 23283 0

23283-5N
910001031698



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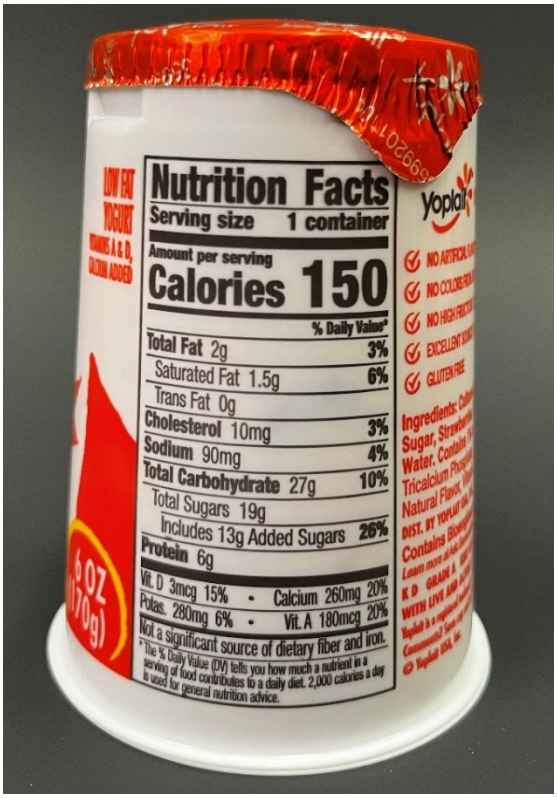
LOW FAT YOGURT
VITAMINS A & D, CALCIUM ADDED
6 OZ (170g)
Nutrition Facts
Serving size 1 container
Amount per serving
Calories 150
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1.5g 6%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 90mg 4%
Total Carbohydrate 27g 10%
Total Sugars 19g
Includes 13g Added Sugars 26%
Protein 6g
Vit. D 3mcg 15% • Calcium 260mg 20%
Potas. 280mg 6% • Vit. A 180mcg 20%
Not a significant source of dietary fiber and iron.
* 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.
Yoplait
NO ARTIFICIAL FLAVORS
NO COLORS FROM ARTIFICIAL SOURCES
NO HIGH FRUCTOSE CORN SYRUP
EXCELLENT SOURCE OF CALCIUM
GLUTEN FREE
Ingredients: Cultured Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Water. Contains 1% or less of: Corn Starch, Tricalcium Phosphate, Pectin, Carmine (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3.
DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA
Contains Bioengineered Food Ingredients
Learn more at Ask.GeneralMills.com
K D GRADE A KEEP REFRIGERATED GLUTEN FREE
WITH LIVE AND ACTIVE CULTURES
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Comments? Save cup and call 1-800-967-5248 or visit Yoplait.com
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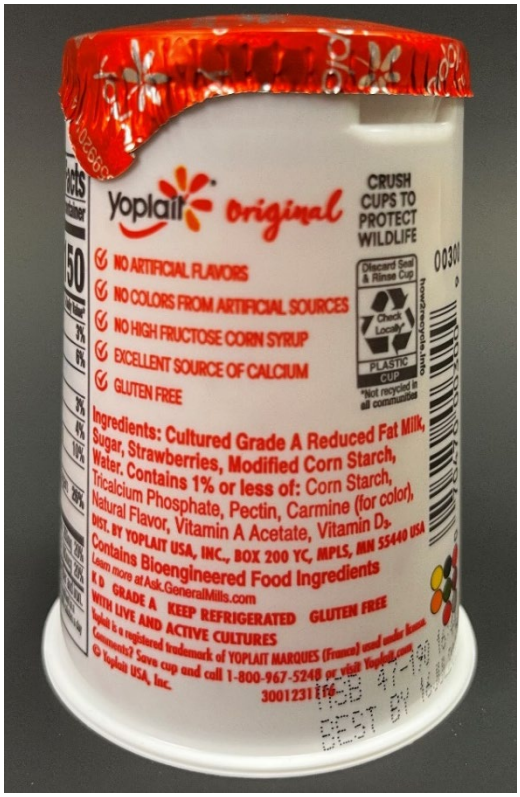
3001231 EG


Yoplait original
CRUSH CUPS TO PROTECT WILDLIFE
Discard Seal & Rinse Cup
Check Locally
PLASTIC CUP
*Not recycled in all communities
how2recycle.info
NO ARTIFICIAL FLAVORS
NO COLORS FROM ARTIFICIAL SOURCES
NO HIGH FRUCTOSE CORN SYRUP
EXCELLENT SOURCE OF CALCIUM
GLUTEN FREE
Ingredients: Cultured Grade A Reduced Fat Milk, Sugar, Strawberries, Modified Corn Starch, Water. Contains 1% or less of: Corn Starch, Tricalcium Phosphate, Pectin, Carmine (for color), Natural Flavor, Vitamin A Acetate, Vitamin D3.
DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA
Contains Bioengineered Food Ingredients
Learn more at Ask.GeneralMills.com
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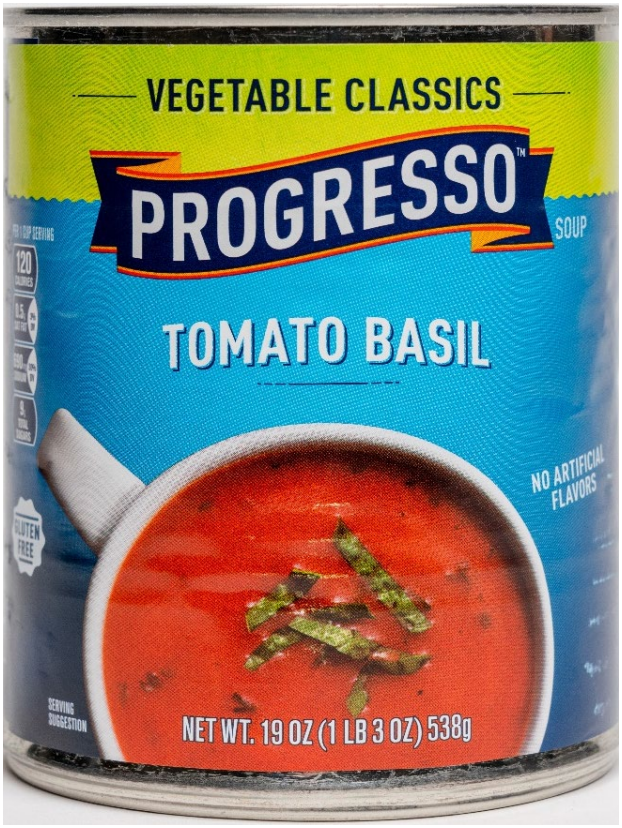
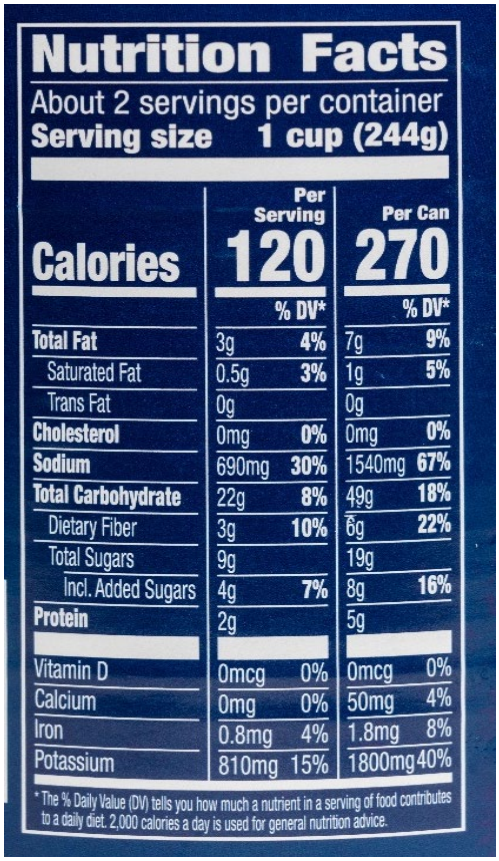

VEGETABLE CLASSICS
PROGRESSO
SOUP
TOMATO BASIL
NO ARTIFICIAL FLAVORS
GLUTEN FREE
NET WT. 19 OZ (1 LB 3 OZ) 538g

8

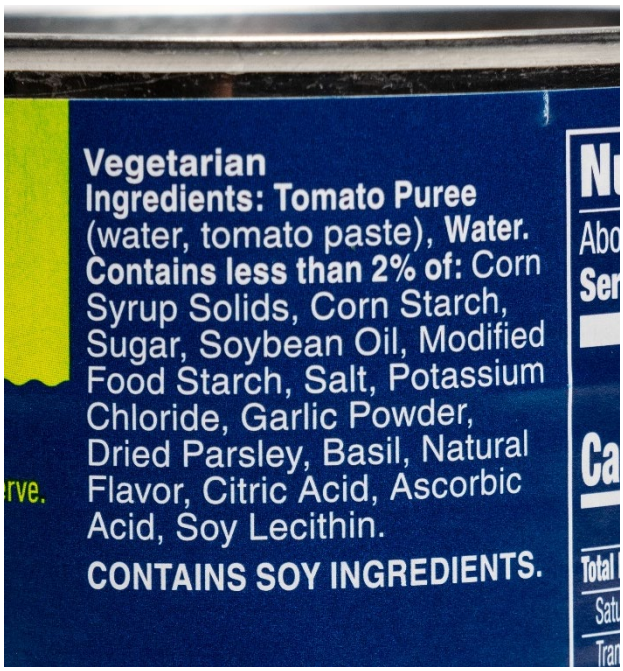


Nutrition Facts

About 2 servings per container
Serving size **1 cup (244g)**

	Per Serving		Per Can	
Calories	**120**		**270**	
		% DV*		% DV*
Total Fat	3g	**4%**	7g	**9%**
Saturated Fat	0.5g	**3%**	1g	**5%**
Trans Fat	0g		0g	
Cholesterol	0mg	**0%**	0mg	**0%**
Sodium	690mg	**30%**	1540mg	**67%**
Total Carbohydrate	22g	**8%**	49g	**18%**
Dietary Fiber	3g	**10%**	6g	**22%**
Total Sugars	9g		19g	
Incl. Added Sugars	4g	**7%**	8g	**16%**
Protein	2g		5g	
Vitamin D	0mcg	0%	0mcg	0%
Calcium	0mg	0%	50mg	4%
Iron	0.8mg	4%	1.8mg	8%
Potassium	810mg	15%	1800mg	40%

* 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.



Vegetarian
Ingredients: Tomato Puree (water, tomato paste), **Water. Contains less than 2% of:** Corn Syrup Solids, Corn Starch, Sugar, Soybean Oil, Modified Food Starch, Salt, Potassium Chloride, Garlic Powder, Dried Parsley, Basil, Natural Flavor, Citric Acid, Ascorbic Acid, Soy Lecithin.

CONTAINS SOY INGREDIENTS.