



# Nutrition Facts

About 3.5 servings per container  
Serving size **1/3 Cup (85g) drained**

Amount per serving  
**Calories 170**

% Daily Value\*

Total Fat	9g	12%
Saturated Fat	4.5g	21%
Trans Fat	0g	
Cholesterol	80mg	26%
Sodium	330mg	14%
Total Carbohydrate	1g	0%
Dietary Fiber	0g	0%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	20g	

Vitamin D 4.8mcg 25% • Calcium 270mg 20%  
Vitamin B12 0.8mcg 4% • Potassium 210mg 4%

\*Percent Daily Values (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:  
CHUB MACKEREL,  
WATER, SALT,  
CONTAINS:  
CHUB MACKEREL.  
DISTRIBUTED BY  
THE KROGER CO.,  
CINCINNATI, OHIO  
45202  
PRODUCT OF  
THAILAND

Genus Species  
Scorpaenidae  
Japonicus  
Fishes of Catch  
Area: FAO 31  
Catch Methods:  
Purse Seine



# Nutrition Facts

about 4 servings per container

**Serving size 3 oz (85g / 1/3 cup)**

Amount per serving

**Calories 120**

% Daily Value\*

**Total Fat 4g 5%**

**Saturated Fat 1g 5%**

**Trans Fat 0g**

**Cholesterol 70mg 23%**

**Sodium 300mg 13%**

**Total Carbohydrate 0g 0%**

**Dietary Fiber 0g 0%**

**Total Sugars 0g**

**Includes 0g Added Sugars 0%**

**Protein 20g**

**Vitamin D 12mcg 60% • Calcium 240mg 20%**

**Iron 1mg 6% • Potassium 280mg 6%**

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INGREDIENTS:  
PINK SALMON,  
SALT,  
CONTAINS:  
SALMON.

DISTRIBUTED BY  
THE GROCER CO.  
CINCINNATI, OHIO  
45202

PRODUCT OF USA



**COLLARD GREENS**  
1 cup



**COLLARD GREENS**  
1 cup

Collard Greens, Frozen Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 550mg	11%
Total Carbohydrate 14g	3%
Dietary Fiber 6g	12%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	<b>12%</b>
Vitamin D 0mcg	0%
Calcium 415mg	8%
Iron 2mg	4%
Potassium 496mg	10%

\*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.

Collard Greens, Fresh Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 410mg	8%
Total Carbohydrate 11g	2%
Dietary Fiber 6g	12%
Total Sugars 1g	2%
Includes 0g Added Sugars	0%
<b>Protein 5g</b>	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 266mg	5%
Iron 2mg	4%
Potassium 220mg	5%

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Collard Greens, Fresh Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
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	% Daily Value*
Total Fat 1.5g	3%
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Trans Fat -g	0%
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Collard Greens, Frozen Cooked

Nutrition Facts	
servings per container 1 cup (198g)	
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value*
Total Fat 1g	2%
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Trans Fat -g	0%
Cholesterol 0mg	0%
Sodium 550mg	11%
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Dietary Fiber 6g	12%
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\*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.



# Nutrition Facts

About 4 servings per container

Serving size 1 cup (240 mL)

Amount per serving

**Calories** **110**

% Daily Value\*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

*Trans* Fat 0g

Cholesterol 10mg 3%

Sodium 125mg 5%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 10g 16%

Vitamin D 3.8mcg 20% • Calcium 390mg 30%

Iron 0mg 0% • Potassium 380mg 8%

\*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.

**INGREDIENTS:** PASTEURIZED ORGANIC LOWFAT MILK, ORGANIC NONFAT MILK, PECTIN, VITAMIN A PALMITATE, VITAMIN D3, LIVE AND ACTIVE CULTURES.  
**CONTAINS: MILK.**





# Nutrition Facts

4 servings per container

Serving size 8 fl oz (240 mL)

Amount per serving

**Calories 110**

% Daily Value\*

**Total Fat** 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

**Cholesterol** 15mg **4%**

**Sodium** 380mg **17%**

**Total Carbohydrate** 13g **5%**

Dietary Fiber 0g **0%**

Total Sugars 12g

Includes 0g Added Sugars **0%**

**Protein** 8g

Vitamin D 2.5mcg 10% • Calcium 300mg 25%

Iron 0mg 0% • Potassium 380mg 8%

Vitamin A 150mcg 15%

\*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.

**INGREDIENTS:** CULTURED SKIM MILK AND MILK, SALT, MODIFIED CORN STARCH, TAPIOCA STARCH, SODIUM CITRATE, LOCUST BEAN GUM, CARRAGEENAN, VITAMIN A PALMITATE, VITAMIN D3.

**CONTAINS: MILK.**

**DISTRIBUTED BY THE KROGER CO.**

**CINCINNATI, OHIO 45202**

**CONTAINS A BIOENGINEERED FOOD INGREDIENT**



3, 4, 7

# Simply Orange®

## 100% ORANGE JUICE

GOOD SOURCE OF VITAMIN C, VITAMIN D & CALCIUM

**NO ADDED SUGAR†**  
**PASTEURIZED**

**KEEP REFRIGERATED**  
**SHAKE WELL**

**BEST IF USED WITHIN 7-10**  
**DAYS AFTER OPENING.**

**PRODUCT QUESTIONS &**  
**FRESH TASTE GUARANTEED**  
INFO CALL: 1-800-871-2653.  
[www.simplyorangejuice.com](http://www.simplyorangejuice.com)

**†NOT A REDUCED CALORIE FOOD.**  
**SEE NUTRITION FACTS FOR SUGAR**  
**& CALORIE CONTENT.**

**HI, ME 5¢**  
**PLEASE RECYCLE**



SCAN HERE FOR MORE  
FOOD INFORMATION

USD48146 • USD48147



### Nutrition Facts

About 7 servings per container  
Serving Size 8 fl oz (240 mL)

Amount Per Serving  
**Calories 110**

% Daily Value

Total Fat 0g 0%

Sodium 0mg 0%

Total Carbohydrate 26g 9%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 2g Not a significant source of protein

Vitamin D 2.5mg 15% • Calcium 55mg 28%

Potassium 450mg 10% • Vitamin C 30%

Vitamin B6 8% • Niacin 2%

Vitamin B5 4% • Folate 10%

Magnesium 6%

Not a significant source of saturated fat, trans fat,  
cholesterol, dietary fiber and iron.

CONTAINS ORANGE JUICE LESS THAN 1% OF  
CALCIUM PHOSPHATE AND CALCIUM LACTATE  
(CALCIUM SOURCES), VITAMIN D2.

\*INGREDIENTS NOT FOUND IN REGULAR  
ORANGE JUICE.

PRODUCED FOR  
SIMPLY ORANGE JUICE COMPANY  
APPEAL, FL 32710 U.S.A.

CONTAINS ORANGE JUICE FROM COUNTRIES  
IDENTIFIED ON BOTTLE NECK.

©2015 SIMPLY ORANGE JUICE COMPANY.

44968

2019-00150

Best if Used By: 07/12 2009 11:45



DO NOT USE IF SEAL UNDER CAP IS BROKEN



organic Soy non-dairy beverage

Original

Plant Based



Meets USDA Organic Standards for:
• No GMOs
• No Artificial Preservatives



PER 1 CUP
90 CALORIES
0.5g SAT FAT 10% DV
95mg SODIUM 4% DV
6g TOTAL SUGARS

PERISHABLE
KEEP REFRIGERATED
SERVING SUGGESTION 1/2 CUP

64 FL OZ (HALF GALLON) 1.89 L

Plant's Based

# Nutrition Facts

8 servings per container  
Serving size 1 cup (240 mL)

Amount per serving  
**Calories 90**

% Daily Value\*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 0.5g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 9g 3%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 5g Added Sugars 10%

## Protein 7g

Vitamin D 6mcg 30%

Calcium 300mg 25%

Iron 0.8mg 4%

Potassium 260mg 6%

Vitamin A 150mcg 15%

Riboflavin 0.51mg 40%

Vitamin B12 1.2mcg 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.

**INGREDIENTS:** ORGANIC SOY BLEND (FILTERED WATER, ORGANIC SOYBEANS), ORGANIC CANE SUGAR, CALCIUM CARBONATE, SEA SALT, NATURAL FLAVORS, GELLAN GUM, VITAMIN A PALMITATE, VITAMIN D2, RIBOFLAVIN (VITAMIN B2) AND VITAMIN B12.

**CONTAINS: SOY.**

DISTRIBUTED BY  
LUCERNE FOODS, INC.  
P.O. BOX 99  
PLEASANTON, CA  
94566-0009  
1-877-232-4271

Quality & Satisfaction  
100% Guaranteed  
or Your Money Back



CERTIFIED ORGANIC BY  
QUALITY ASSURANCE  
INTERNATIONAL

NOT TO BE USED AS AN INFANT FORMULA  
ONCE OPENED, CONSUME WITHIN 7 DAYS  
PROCESSED AND PACKAGED  
AT PLANT STAMPED ON TOP  
ULTRA-PASTEURIZED  
CALCIUM, VITAMINS A, D, B2 & B12 ADDED  
DO NOT FREEZE



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food information

86999001A



RD 19330

3 79893 40072 0



# SARDINES<sup>®</sup>

SKINLESS & BONELESS

••IN SOYBEAN OIL••

non  
BPA  
LINER\*

NET WT 4.33 OZ (122g)

| SERVING

# Nutrition Facts

1 serving per container

**Serving size**  
**1/3 cup (85g)**  
**drained**

**Calories 180**  
 per serving

Amount/serving	% DV	Amount/serving	% DV
<b>Total Fat</b> 11g	<b>14%</b>	<b>Total Carb.</b> 0g	<b>0%</b>
Sat. Fat 2g	<b>11%</b>	Fiber 0g	<b>0%</b>
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 530mg	<b>23%</b>	<b>Protein</b> 20g	
Vitamin D 45% • Calcium 25% • Iron 10% • Potassium 6%			

**INGREDIENTS:** SARDINES,  
 SOYBEAN OIL, SALT.

**CONTAINS:** SARDINES.

**DISTRIBUTED BY THE KROGER CO.**  
 CINCINNATI, OHIO 45202

**PRODUCT OF MORROCO**

**QUALITY GUARANTEE**

**800-632-6900 • www.kroger.com**

\* THE LINING OF THIS CAN WAS  
 PRODUCED WITHOUT BPA

Species Name: Sardina  
 pilchardus spp.  
 FAO Catch area: FA034  
 Method of catch: Purse seine

Prior to opening, store at room  
 temperature. Once opened, cover and  
 keep refrigerated. Consume within two days.





**House Foods**



# tofu

**PREMIUM**  
 Pasteurized with Double  
 Cooling System™ for premium quality.



Delicious  
 grilled and  
 in stir-fries!

**EXTRA  
 FIRM**

How Firm is  
 Extra Firm?

1 2 3 4 **5** 6



PERISHABLE • KEEP REFRIGERATED  
 STORE IN WATER

Nutrition		Amount/Serving	%DV	Amount/Serving	%DV
About 5 servings per container <b>Serving size</b> 3 oz (85g) <b>Calories 80</b> per serving	<b>Total Fat</b>	4.5g	6%	<b>Sodium</b>	10mg 0%
	Sat. Fat	0.5g	4%	<b>Total Carb.</b>	2g 1%
	Trans Fat	0g		Fiber	2g 6%
	Polyunsat. Fat	2.5g		Total Sugars	0g
	Monounsat. Fat	1g		Incl. 0g Added Sugars	0%
	<b>Cholest.</b>	0mg	0%	<b>Protein</b>	8g 16%
	Vitamin D	0%		Calcium	10%
				Iron	8%
			Potassium	2%	

**NET WT.**  
**16 OZ (1 LB)**  
**453 g**

**INGREDIENTS: WATER,  
 SOYBEANS, CALCIUM  
 SULFATE, CALCIUM  
 CHLORIDE.**

House Foods America Corporation  
 Garden Grove, CA 92841 • Somerset, NJ 08873 USA • 1-877-333-7077  
[www.house-foods.com](http://www.house-foods.com)



# Nutrition Facts

About 5 servings per container

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

**Calories** 80  
per serving

Amount/Serving	%DV	Amount/Serving	%DV
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Sodium</b> 10mg	<b>0%</b>
Sat. Fat 0.5g	<b>4%</b>	<b>Total Carb.</b> 2g	<b>1%</b>
Trans Fat 0g		Fiber 2g	<b>6%</b>
Polyunsat. Fat 2.5g		Total Sugars 0g	
Monounsat. Fat 1g		Incl. 0g Added Sugars	<b>0%</b>
<b>Cholest.</b> 0mg	<b>0%</b>	<b>Protein</b> 8g	<b>16%</b>
Vitamin D 0% • Calcium 10% • Iron 8% • Potassium 2%			

**NET WT.**  
**16 OZ (1 LB)**  
**453 g**

**INGREDIENTS: WATER, SOYBEANS, CALCIUM SULFATE, CALCIUM CHLORIDE.**