

Nutrition Facts Cutouts

Fruits & Nuts

Bananas, raw

Serving size: 1 cup, mashed (225g)

Nutrition Facts

Serving Size 225 g

Amount Per Serving

Calories 200 Calories from Fat 6

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 51g 17%

Dietary Fiber 6g 23%

Sugars 28g

Protein 2g

Vitamin A 3% • Vitamin C 33%

Calcium 1% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Apples, raw, with skin

Serving size: 1 cup, quartered or chopped

Nutrition Facts

Serving Size 125 g

Amount Per Serving

Calories 65 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 12%

Sugars 13g

Protein 0g

Vitamin A 1% • Vitamin C 10%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Oranges, raw

Serving size: 1 cup, sections (180g)

Nutrition Facts

Serving Size 180 g

Amount Per Serving

Calories 85 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 17%

Sugars 17g

Protein 2g

Vitamin A 8% • Vitamin C 160%

Calcium 7% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Pears, raw

Serving size: 1 small (148g)

Nutrition Facts

Serving Size 148 g

Amount Per Serving

Calories 86 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 18%

Sugars 15g

Protein 1g

Vitamin A 1% • Vitamin C 10%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nuts, almonds

Serving size: 1 cup, ground (95g)

Nutrition Facts

Serving Size 95 g

Amount Per Serving

Calories 546 Calories from Fat 393

% Daily Value*

Total Fat 47g 72%

Saturated Fat 4g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 12g 46%

Sugars 4g

Protein 20g

Vitamin A 0% • Vitamin C 0%

Calcium 25% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Seeds, sunflower

Serving size: 1 cup (134g)

Nutrition Facts

Serving Size 134 g

Amount Per Serving

Calories 830 Calories from Fat 637

% Daily Value*

Total Fat 76g 117%

Saturated Fat 8g 40%

Trans Fat

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 15g 62%

Sugars

Protein 23g

Vitamin A 0% • Vitamin C 3%

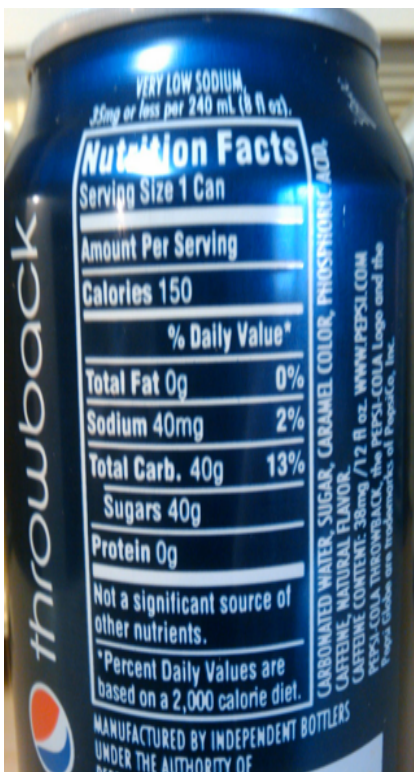
Calcium 8% • Iron 51%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutrition Facts Cutouts

Drinks



Nutrition Facts Cutouts

Chips



Ingredients: Whole Corn, Vegetable Oil (Corn, Canola, Soybean and/or Sunflower Oil), Maltodextrin (Made From Corn), Salt, Tomato Powder, Corn Starch, Lactose, Whey, Skim Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 12 chips)

Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 0%
Vitamin E 6%	Thiamin 4%
Riboflavin 2%	Vitamin B6 4%
Phosphorus 4%	Magnesium 4%

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Ingredients: Dehydrated Potatoes, Corn Oil, Modified Food Starch, Sugar, Salt, and Less than 1% of the Following: Onion Powder, Soy Lecithin, Dextrose, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Natural Flavors, Molasses, Fructose, Spices, Partially Hydrogenated Soybean Oil, Torula Yeast, Wheat Starch, Garlic Powder, Malt Extract, Maltodextrin, Extracts of Paprika, Citric Acid, Chicken Fat, Soy Flour, Tomato Paste, Corn Syrup Solids, Yeast Extract, Barley Malt Flour, Lactic Acid, Egg Yolk, and Whey.

CONTAINS EGG, MILK, SOY, AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Potassium 230mg	7%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
Sugars 3g	
Protein 2g	
Vitamin A 0%	Vitamin C 4%
Calcium 2%	Iron 0%
Thiamin 4%	Riboflavin 6%
Niacin 4%	Vitamin B6 8%
Phosphorus 6%	Magnesium 4%

* 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less Than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (Including Yellow 6), and Citric Acid.

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 290mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	2%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Riboflavin 4%	Niacin 4%
Phosphorus 2%	

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), BBQ Seasoning (Sugar, Salt, Corn Sugar, Malted Barley Flour, Onion Powder, Yeast, Molasses, Spices, Garlic Powder, Natural Flavors, Paprika, Tomato Powder, Corn Starch, Yeast Extract, and Paprika Extracts).

Nutrition Facts

Serving Size 1 oz. (28g/About 15 chips)

Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	6%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 5g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Potassium 360mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Magnesium 2%

* 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts Cutouts

Other Snacks



Nutrition Facts

Serving Size: 1 (1 pastry, 50 grams)

Amount Per Serving

Calories 200 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 260mg 11%

Total Carbohydrate 35g 12%

Dietary Fiber 0g 0%

Sugars 19g

Protein 2g 4%

Calcium

* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

*Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Snickerdoodle

Galleta de Azúcar con Canela

MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, MONO DIUM BENZOATE, CITRIC ACID, NATURAL AND ARTIFICIAL TA CAROTENE, WHEY), CINNAMON SUGAR MIX (SUGAR, ON), WHOLE EGGS, FRUCTOSE, CONTAINS 2% OR LESS OF: TER FLAVOR, SOY LECITHIN, XANTHAN GUM, SALT, BAKING DE POWDER.

EAT RAW COOKIE DOUGH.

PRODUCT CODE

60013

ACTIONS:

to 350°F and convection ovens to 325°F.
inches apart on an ungreased cookie pan.

11 - 14 minutes. Oven temperatures may vary.

ible moisture on the surface of the cookies. Do not over bake.
to cool for 15 minutes before removing from pan.

U-D
product of USA



Nutrition Facts

Serving Size:
1 Baked Cookie 1.25 oz (35g)
Servings Per Container: 32

Amount Per Serving

Calories 150 Calories from Fat 45

% Daily Value*

Total Fat 5g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 140mg 6%

Total Carbohydrate 23g 8%

Dietary Fiber 0g 0%

Sugars 11g

Protein 1g

Vitamin A 4% • Vitamin C 0%

Calcium 0% • Iron 2%

*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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NET WT
2.5 LBS (1.135 kg)



Nutrition Facts

Serving Size 1 container

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol < 5mg 1%

Sodium 80mg 3%

Total

Carbohydrate 16g 5%

Sugars 10g

Protein 5g 10%

Vitamin A 15% • Calcium 20%

Vitamin D 20% • Phosphorus 10%

Not a significant source of dietary fiber, vitamin C and iron.

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

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Raspberries, Modified Corn Starch, Sugar, Kosher Gelatin, Citric Acid, Natural Flavor, Tricalcium Phosphate, Aspartame*, Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Red #40, Vitamin A Acetate, Vitamin D₃.

DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA

*PHENYLKETONURICS: CONTAINS PHENYLALANINE

WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS

Yoplait is a registered trademark of YOPLAIT MARQUES (France) used under license.

WEIGHT WATCHERS for services and PointsFinder® are the registered trademarks of Weight Watchers International, Inc. and are used under license. To learn more visit WeightWatchers.com or call 1 (800) 470-1199.

**Milk's National Yogurt Association. Contains for Live and Active Culture yogurt

YOPLAIT LIGHT: 90 CALORIES; 0g FAT. LEADING LOW FAT YOGURT: 170 CALORIES; 2g FAT PER 6 OZ