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 food A343]

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, all com

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 [Includes l

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 [Includ A256, A264]

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 see salt

Serving size: 1 cup (134g)

Nutrition Facts
Serving Size 134 g

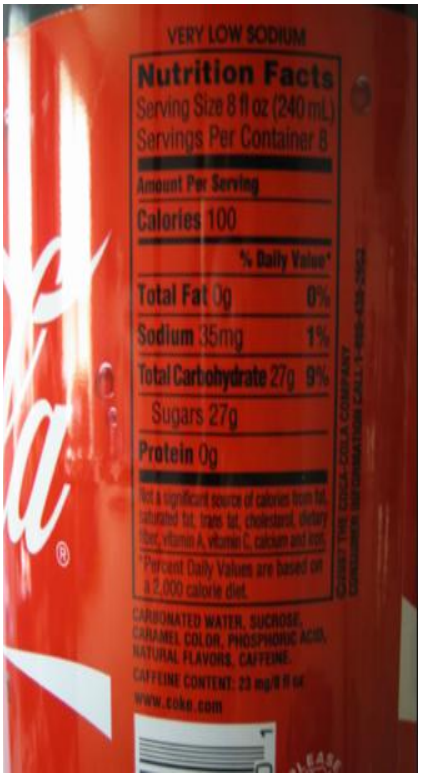
Amount Per Serving	
Calories 830	Calories from Fat 637
	% Daily Value*
Total Fat 76g	117%
Saturated Fat 8g	40%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 15g	62%
Sugars	
Protein 23g	

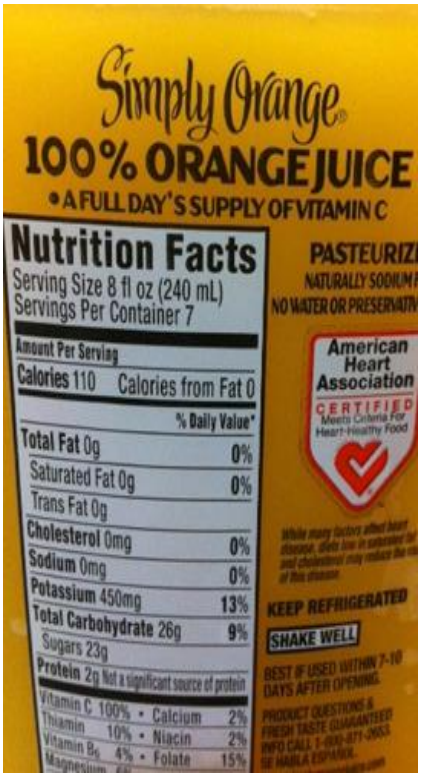
Vitamin A	0%	• Vitamin C	3%
Calcium	8%	• Iron	51%

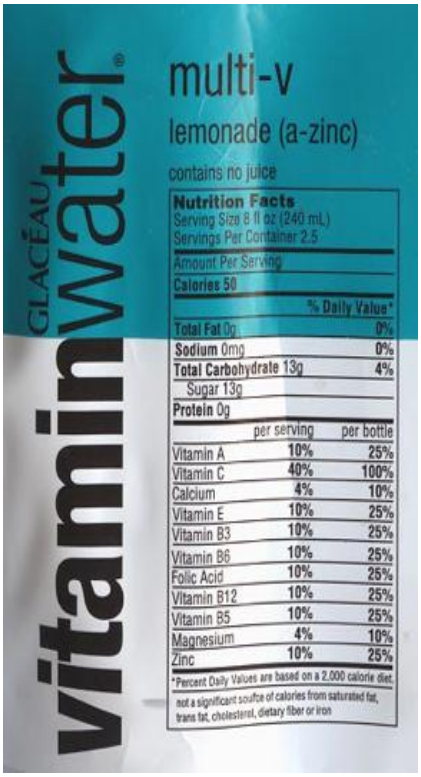
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

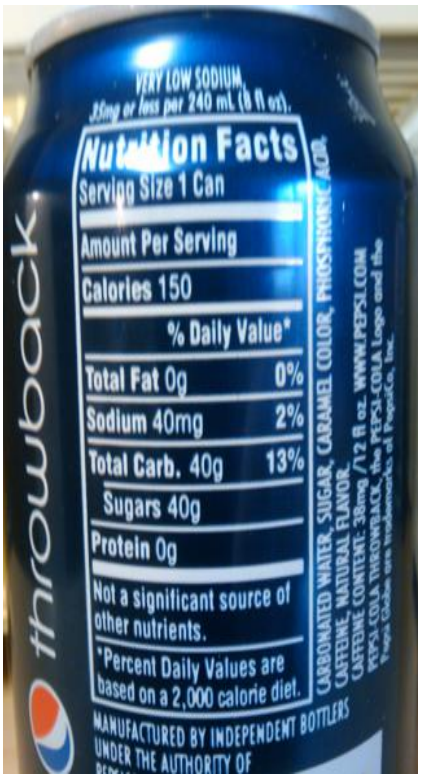
NutritionData.com

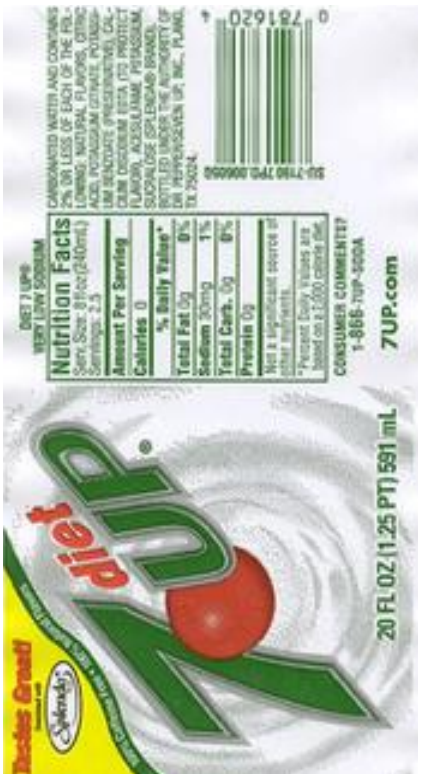
Drinks

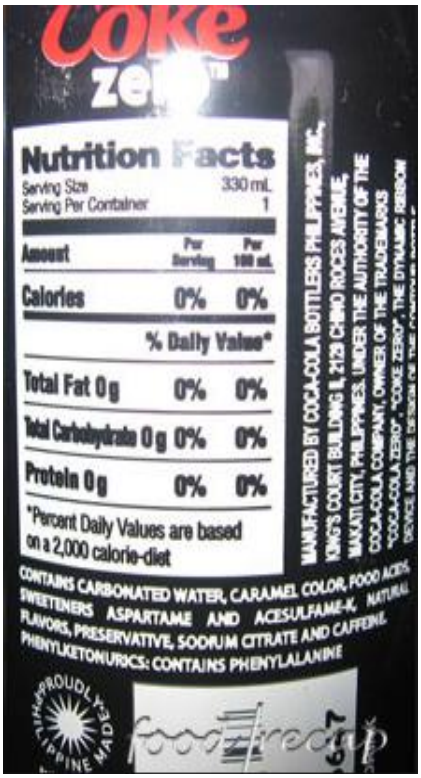

VERY LOW SODIUM
Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 8
Amount Per Serving
Calories 100
% Daily Value*
Total Fat 0g 0%
Sodium 35mg 1%
Total Carbohydrate 27g 9%
Sugars 27g
Protein 0g
*Percent Daily Values are based on a 2,000 calorie diet.
CARBONATED WATER, SUCROSE, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.
www.coke.com


Simply Orange
100% ORANGE JUICE
• A FULL DAY'S SUPPLY OF VITAMIN C
Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 7
Amount Per Serving
Calories 110 Calories from Fat 0
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 0mg 0%
Potassium 450mg 13%
Total Carbohydrate 26g 9%
Sugars 23g
Protein 2g Not a significant source of protein
Vitamin C 100% • Calcium 2%
Thiamin 10% • Niacin 2%
Vitamin B6 4% • Folate 15%
American Heart Association
CERTIFIED
KEEP REFRIGERATED
SHAKE WELL


GLACÉAU
vitaminwater
multi-v
lemonade (a-zinc)
contains no juice
Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5
Amount Per Serving
Calories 50
% Daily Value*
Total Fat 0g 0%
Sodium 0mg 0%
Total Carbohydrate 13g 4%
Sugar 13g
Protein 0g
per serving per bottle
Vitamin A 10% 25%
Vitamin C 40% 100%
Calcium 4% 10%
Vitamin E 10% 25%
Vitamin B3 10% 25%
Vitamin B6 10% 25%
Folic Acid 10% 25%
Vitamin B12 10% 25%
Vitamin B5 10% 25%
Magnesium 4% 10%
Zinc 10% 25%
*Percent Daily Values are based on a 2,000 calorie diet.
not a significant soufce of calories from saturated fat, trans fat, cholesterol, dietary fiber or iron


throwback
VERY LOW SODIUM
35mg or less per 240 mL (8 fl oz).
Nutrition Facts
Serving Size 1 Can
Amount Per Serving
Calories 150
% Daily Value*
Total Fat 0g 0%
Sodium 40mg 2%
Total Carb. 40g 13%
Sugars 40g
Protein 0g
Not a significant source of other nutrients.
*Percent Daily Values are based on a 2,000 calorie diet.
CARBONATED WATER, SUGAR, CARAMEL COLOR, PHOSPHORIC ACID, CAFFEINE, NATURAL FLAVOR.
CAFFEINE CONTENT: 38mg/12 fl oz. WWW.PEPSI.COM
MANUFACTURED BY INDEPENDENT BOTTLERS UNDER THE AUTHORITY OF


DIET 7 UP®
VERY LOW SODIUM
Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings: 2.5
Amount Per Serving
Calories 0
% Daily Value*
Total Fat 0g 0%
Sodium 30mg 1%
Total Carb. 0g 0%
Protein 0g
*Percent Daily Values are based on a 2,000 calorie diet.
CONSUMER COMMENTS? 1-866-7UP-SODA
7UP.com
20 FL OZ (1.25 PT) 591 mL
diet 7UP


Coke
zero
Nutrition Facts
Serving Size 330 mL
Serving Per Container 1
Amount Per Serving Per 100 mL
Calories 0% 0%
% Daily Value*
Total Fat 0 g 0% 0%
Total Carbohydrate 0 g 0% 0%
Protein 0 g 0% 0%
*Percent Daily Values are based on a 2,000 calorie-diet
CONTAINS CARBONATED WATER, CARAMEL COLOR, FOOD ACIDS, SWEETENERS ASPARTAME AND ACESULFAME-K, NATURAL FLAVORS, PRESERVATIVE, SODIUM CITRATE AND CAFFEINE.
PHENYLKETONURICS: CONTAINS PHENYLALANINE
MANUFACTURED BY COCA-COLA BOTTLERS PHILIPPINES, INC., KINGS COURT BUILDING I, 2129 CHINO ROCES AVENUE, MAKATI CITY, PHILIPPINES, UNDER THE AUTHORITY OF THE COCA-COLA COMPANY, OWNER OF THE TRADEMARKS "COCA-COLA ZERO", "COKE ZERO", THE DYNAMIC RIBBON DEVICE, AND THE DESIGN OF THE CONTOUR BOTTLE.
PROUDLY PHILIPPINE MADE
foodfreak

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

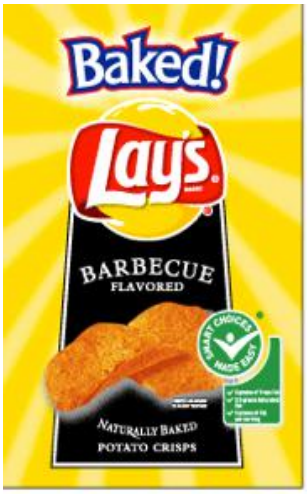
Calories 150	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**8%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 2g	**6%**
Sugars less than 1g	
Protein 2g	

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

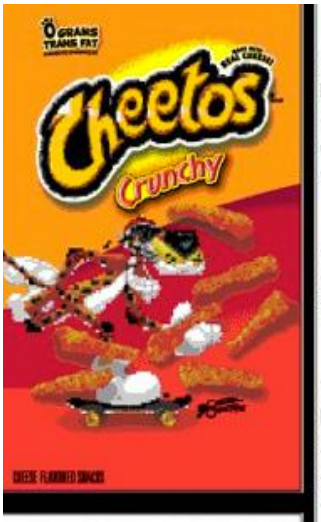
Calories 120	Calories from Fat 30
	% Daily Value*
Total Fat 3g	**5%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Potassium 230mg	**7%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 2g	**7%**
Sugars 3g	
Protein 2g	

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

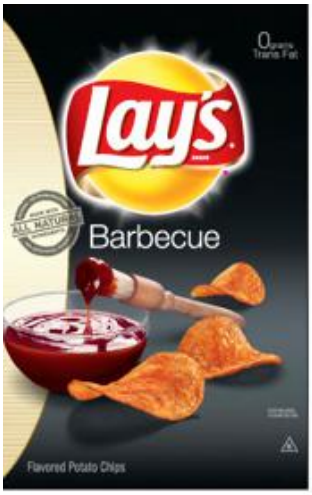
Calories 160	Calories from Fat 90
	% Daily Value*
Total Fat 10g	**15%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 290mg	**12%**
Total Carbohydrate 15g	**5%**
Dietary Fiber less than 1g	**2%**
Sugars 1g	
Protein 2g	

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	

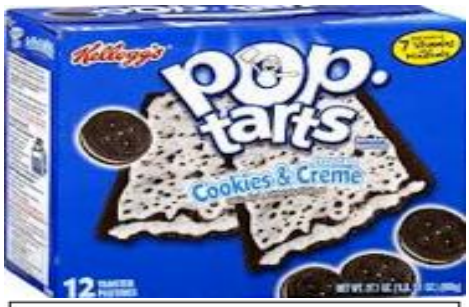
Vitamin A 0%	•	Vitamin C 10%
Calcium 0%	•	Iron 2%
Vitamin E 6%	•	Magnesium 2%

* 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

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