

Nabisco Teddy Grahams Graham Snacks

NUTRITION FACTS PANEL

<h1>Nutrition Facts</h1>			
Serving Size 13 cookies (31g) Servings Per Container			
Amount Per Serving			
Calories 130	Calories from Fat 35		
	%Daily Value *		
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Potassium 50mg	1%		
Total Carbohydrate 23g	8%		
Dietary Fiber 1g	4%		
Sugars 7g			
Protein 2g			
Vitamin A 0% • Vitamin C 0% • Calcium 15%			
Iron 6%			
*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	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Meets *Sensible Solution* criteria for cookie products because it is low in saturated fat (1 gram), a good source of calcium (15% DV) and provides 5g of whole grain.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, SOYBEAN OIL AND/OR PARTIALLY HYDROGENATED COTTONSEED OIL, HONEY, CALCIUM CARBONATE (SOURCE OF CALCIUM), MALTODEXTRIN, SALT, BAKING SODA, CINNAMON, SOY LECITHIN (EMULSIFIER). CONTAINS: WHEAT, SOY.

RITZ BITS Cracker Sandwiches – Confetti Crème

Nutrition Facts	
Serving Size 13 sandwiches (29g)	
Servings Per Container About 7	
Amount Per Serving	
Calories 140	Calories from Fat 45
%Daily Value *	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat 1.5g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 40mg	1%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 2g	
Vitamin A 0% • Vitamin C 0% • Calcium 4%	
Iron 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

Meets *Sensible Solution* criteria for cracker sandwiches because it has 35% less fat than original *Ritz Bits* Cracker Sandwiches (5g of fat per serving compared with 9g in original *Ritz Bits* Cracker Sandwiches). In addition, the product provides 5g whole grain per serving.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, WHOLE GRAIN WHEAT FLOUR, PALM AND/OR SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), SALT, CORNSTARCH, MILLED CORN, CORN SYRUP, SOY LECITHIN (EMULSIFIER), MODIFIED CORNSTARCH, VANILLIN – AN ARTIFICIAL FLAVOR, ARTIFICIAL COLOR (YELLOW 6, RED 40, BLUE 1, YELLOW 5).

CONTAINS: WHEAT, SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES MILK AND PEANUT.

RITZ BITS Cracker Sandwiches – Soccer

Nutrition Facts			
Serving Size 14 sandwiches (29g)			
Servings Per Container <i>[varies with package size]</i>			
Amount Per Serving			
Calories 140	Calories from Fat 60		
%Daily Value *			
Total Fat 6g	9%		
Saturated Fat 2.5g	13%		
Trans Fat 0g			
Polyunsaturated Fat 1.5g			
Monounsaturated Fat 2g			
Cholesterol 0mg	0%		
Sodium 280mg	12%		
Potassium 85mg	2%		
Total Carbohydrate 19g	6%		
Dietary Fiber 1g	4%		
Sugars 4g			
Protein 2g			
Vitamin A 0% • Vitamin C 0% • Calcium 6%			
Iron 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		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Meets *Sensible Solution* criteria for cracker sandwiches because it has 33% less fat than original *Ritz Bits* Cracker Sandwiches (6g of fat per serving compared with 9g in original *Ritz Bits* Cracker Sandwiches). In addition, the product provides 5g whole grain per serving.

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE WHEAT FLOUR, PALM AND/OR SOYBEAN OIL, WHEY, SUGAR, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, SUNFLOWER OIL, SALT, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), CHEDDAR CHEESE POWDER (MADE FROM PASTEURIZED MILK, CHEESE CULTURE, SALT AND ENZYMES), CONTAINS LESS THAN 0.5% OF THE FOLLOWING: DISODIUM PHOSPHATE (STABILIZER), NATURAL FLAVOR, MALTODEXTRIN, YEAST, MODIFIED CORNSTARCH, BUTTERMILK, ARTIFICIAL COLOR (INCLUDES YELLOW 6), LACTIC ACID, SOY LECITHIN (EMULSIFIER).

CONTAINS: WHEAT, MILK, SOY. MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT.

Lunchables Chicken Wrapz

Serving Size 1 package

Amount Per Serving

Calories	390	Calories from Fat	90
		% Daily Value*	
Total Fat	10 g		15%
Saturated Fat	3.5 g		18%
Trans Fat	0 g		
Cholesterol	50 mg		17%
Sodium	750 mg		31%
Total Carbohydrate	56 g		19%
Dietary Fiber	1 g		4%
Sugars	25 g		
Protein	19 g		26%
Vitamin A	0%	•	Vitamin C 4%
Calcium	15%	•	Iron 15%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for convenient meal products with no more than:
600 calories (390)

35% calories from fat (23%)

10% calories from SFA & TFA (8%)

840mg of sodium (750mg)

90mg of cholesterol (50mg)

25% calories from added sugar (23g added sugar (23%))

And an excellent source of Protein (26%) and good source of calcium (15%), Iron (15%)

Ingredients: **Fruit Punch Flavored Juice Drink Blend** – Water, Sugar, Pear And Grape Juice Concentrates, Citric Acid, Water Extracted Orange And Pineapple Juice Concentrates, Natural Flavor, Vitamin E Acetate. **Grilled Chicken Breast with Rib Meat** - Chicken Breast With Rib Meat, Water, Contains Less Than 2% Of Potassium Lactate, Chicken Flavor (Contains Chicken Broth, Salt, Wheat Starch, Flavor, Thiamin Hydrochloride), Sodium Lactate, Potassium Chloride, Salt, Dextrose, Sodium Phosphates, Sodium Diacetate, Natural And Artificial Flavor. CONTAINS: WHEAT. **Wheat Tortillas** – Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), Contains 2% Or Less Of Each Of The Following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate And/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT And Citric Acid (Antioxidants), Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate), Calcium Propionate And Sorbic Acid (To Preserve Freshness). Contains: Wheat, Soy. **Ranch Sauce** - Water, Soybean Oil, Distilled Vinegar, High Fructose Corn Syrup, Egg Yolks, Buttermilk Powder, Modified Food Starch, Contains Less Than 2%: Garlic Powder, Salt, Potassium Chloride, Blend Of Granular And Romano Cheese ([Pasteurized Milk, Cheese Cultures, Salt, Enzymes], Whey, Water, Lactic Acid, Sodium Citrate), Onion Powder, Xanthan Gum, Lactic Acid, Natural Flavors, Sodium Benzoate And Potassium Sorbate (Preservatives), Disodium Inosinate And Disodium Guanylate, Spices, Titanium Dioxide, Propylene Glycol Alginate, Calcium Disodium EDTA as a preservative. Contains: Egg, Milk. **Milk Chocolate With Crisped Rice** - Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Nonfat Milk, Lactose, Milkfat, Soy Lecithin, Vanillin – An Artificial Flavor), Crisped Rice (Rice Flour, Sugar, Barley Malt, Salt). Made On Equipment That Also Processes Peanuts, Nuts And Wheat. CONTAINS: MILK, SOY, PEANUTS, TREE NUTS, WHEAT. **Taco Sauce** - Water, Tomato Paste, Distilled Vinegar, Modified Food Starch, Salt, Contains Less Than 2% Of High Fructose Corn Syrup, Spices, Onion Powder, Garlic Powder, Sodium Benzoate And Potassium Sorbate As Preservatives.

Lunchables Max'd Out Pepperoni Pizza

Serving Size 1 package		
Amount Per Serving		
Calories	520	Calories from Fat 150
		% Daily Value*
Total Fat	17 g	26%
Saturated Fat	6 g	30%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	720 mg	30%
Total Carbohydrate	75 g	25%
Dietary Fiber	3 g	12%
Sugars	35 g	
Protein	22 g	25%
Vitamin A	15%	• Vitamin C 20%
Calcium	40%	• Iron 15%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for convenient meal products with no more than:

600 calories (520)

35% calories from fat (29%)

10% calories from SFA & TFA (10%)

840mg of sodium (720mg)

90 mg of cholesterol (30mg)

25% calories from added sugar (13g added sugar (13%))

And Excellent source of Protein (25%), calcium (40%), Vitamin C (20%), and good source of Vitamin A

(25%) , Iron (15%), Fiber (12%)

Also, Pizza Crust made with whole grain (8g whole grain)

Ingredients: **Water** - Natural Spring Water. **Pizza Crusts** - Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Yeast, High Fructose Corn Syrup, Soybean Oil, Contains Less Than 2% Of Whey (From Milk), Salt, Potassium Chloride, Sodium Stearoyl Lactylate, Rice Bran Extract, Mono- And Diglycerides, Calcium Propionate (Preservative), Dried Garlic, Alpha Cellulose, Pectin, Cellulose Gum, Natural And Artificial Flavor, Enzymes, L-cysteine. **CONTAINS: WHEAT, MILK.** **Pizza Sauce** - Water, Tomato Paste, High Fructose Corn Syrup, Modified Food Starch, Contains Less Than 2% Of Salt, Spice, Onion Powder, Citric Acid, Xanthan Gum, Potassium Sorbate (Preservative), Natural Flavor, Soy Lecithin. **CONTAINS: SOY. 2% Milk Natural Reduced Fat Mozzarella Cheese** - Reduced Fat Mozzarella Cheese (Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes, Vitamin A Palmitate), Cellulose Powder Added To Prevent Caking, Natamycin (A Natural Mold Inhibitor). **CONTAINS: MILK.** Artificially Flavored Candy - Sugar, Corn Syrup, Maltodextrin, Dextrose, Modified Food Starch (Corn), Partially Hydrogenated Soybean Oil, Citric Acid, Water, Artificial Flavor, Red 40. **MANUFACTURED IN A FACILITY THAT PROCESSES WHEAT FLOUR.** **CONTAINS: WHEAT.** **Pepperoni Flavored Sausage** - Pork, Water, Pepperoni (Pork, Salt, Spices, Dextrose, Garlic Powder, Lactic Acid Starter Culture, Sodium Nitrite), Contains Less Than 2% Of Salt, Dextrose, Potassium Chloride, Flavor, Maltodextrin, Lactic Acid Starter Culture, Extractives Of Paprika, Sodium Ascorbate, Sodium Nitrite. **Tropical Punch Artificial Flavor Soft Drink Mix** - Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less Than 2% of Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40, Blue 1, BHA (Preserves Freshness). **Cheesy Flavored Seasoning** - Artificially Flavored - Maltodextrin, Natural Butter Flavor (Autolyzed Yeast Extract, Natural Flavor [Contains Milk], Tapioca Maltodextrin, Maltodextrin, Cultured Whey, Calcium Phosphate, Silicon Dioxide, Wheat Bran, Salt, Wheat, Molasses), Natural Flavor (Maltodextrin, Medium Chain Triglycerides, Modified Food Starch, Natural Flavor, Calcium Phosphate, Triethyl Citrate), Natural Flavor (Partially Hydrogenated Soybean Oil, Natural Flavor), Silicon Dioxide As An Anticaking Agent, Aluminum Oxide, Yellow 6 Lake, Yellow 5. **CONTAINS: MILK, WHEAT.**

Lunchables Beef Taco Wrapz

NUTRITION FACTS			
Serving Size 1 package			
Amount Per Serving			
Calories	410	Calories from Fat	90
		% Daily Value*	
Total Fat	10 g		15%
Saturated Fat	4.5 g		23%
Trans Fat	0 g		
Cholesterol	25 mg		8%
Sodium	790 mg		33%
Total Carbohydrate	61 g		20%
Dietary Fiber	1 g		4%
Sugars	20 g		
Protein	19 g		29%
Vitamin A	10%	•	Vitamin C 2%
Calcium	45%	•	Iron 15%

*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
Protein		50g	65g

Meets *Sensible Solutions* criteria for convenient meal products with no more than:

600 calories (410)

35% calories from fat (21%)

10% calories from SFA & TFA (9%)

840 mg of sodium (790mg)

90 mg of cholesterol (25mg)

25% calories from added sugar (19g added sugar (18%))

And excellent source of Protein (29%), Calcium (45%) and good source of Vitamin A (10%), Iron (15%)

Ingredients: Cherry Flavored Water Beverage With Other Natural Flavor – Water, High Fructose Corn Syrup, Citric Acid, Sucralose (Splenda® Brand Sweetener), Natural Flavor. **Wheat Tortillas** – Enriched Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Vegetable Shortening (Soybean Oil, Hydrogenated Soybean Oil), Contains 2% Or Less Of Each Of The Following: Salt, Leavening (Sodium Bicarbonate, Sodium Aluminum Sulfate, Corn Starch, Monocalcium Phosphate And/or Sodium Acid Pyrophosphate, Calcium Sulfate), Distilled Monoglycerides, Wheat Starch, Alpha Amylase, Tricalcium Phosphate, BHT And Citric Acid (Antioxidants), Cellulose Gum, Dough Conditioners (Fumaric Acid, Sodium Metabisulfite, Microcrystalline Cellulose, Dicalcium Phosphate), Calcium Propionate And Sorbic Acid (To Preserve Freshness). Contains: Wheat, Soy. **Cooked Seasoned Ground Beef In Taco Sauce** - Cooked Seasoned Ground Beef (Beef, Salt, Spices, Garlic Powder, Sugar, Citric Acid, Onion Powder, Natural Flavor), Taco Sauce (Water, Tomato Paste, Vinegar, Corn Syrup, Green Chili, Paprika, Modified Food Starch, Spices, Caramel Color, Natural Flavor, Garlic Powder, Citric Acid, Onion Powder, Salt, Xanthan Gum). **Cheese Blend** - 2% Milk Natural Reduced Fat Mozzarella Cheese (Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes, Vitamin A Palmitate), Natural Nonfat Cheddar Cheese (Pasteurized Skim Milk And Milk, Salt, Yeast*, Cheese Culture, Artificial Color, Natural Flavor*, Enzymes, Vitamin A Palmitate), Potato Starch, Water, Cellulose Powder (Anticaking Agent), Calcium Sulfate, Salt, Natamycin (A Natural Mold Inhibitor). *Ingredient Not In Regular Cheddar Cheese. CONTAINS: MILK. **Artificially Flavored Cherry Candy** - Sugar, Corn Syrup, Maltodextrin, Dextrose, Modified Food Starch (Corn), Partially Hydrogenated Soybean Oil, Citric Acid, Water, Artificial Flavor, Red 40. MANUFACTURED IN A FACILITY THAT PROCESSES WHEAT FLOUR. CONTAINS: WHEAT. **Taco Sauce** - Water, Tomato Paste, Distilled Vinegar, Modified Food Starch, Salt, Contains Less Than 2% Of High Fructose Corn Syrup, Spices, Onion Powder, Garlic Powder, Sodium Benzoate And Potassium Sorbate As Preservatives.

Lunchables Fun Pack Extra Cheesy Pizza

NUTRITION FACTS

Serving Size 1 package

Amount Per Serving

Amount Per Serving	Calories	Calories from Fat	% Daily Value*
	420	90	
Total Fat	10 g		15%
Saturated Fat	5 g		25%
Trans Fat	0 g		
Cholesterol	25 mg		8%
Sodium	670 mg		28%
Total Carbohydrate	62 g		21%
Dietary Fiber	3 g		12%
Sugars	34 g		
Protein	17 g		24%
Vitamin A	10%		Vitamin C 4%
Calcium	40%		Iron 15%

*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
Protein		50g	65g

Meats *Sensible Solution* criteria for convenient meal type products with no more than:
600 calories (400)

35% calories from fat (22%)

10% calories from SFA & TFA (10%)

840mg of sodium (670mg)

90mg of cholesterol (25mg)

25% calories from added sugar (6g added sugar (6%))

And an excellent source of Protein (24%), Calcium (40%) and a good source of Fiber (12%),

Vitamin C (15%)

Also – 100% Fruit juice

Ingredients: Blend of 3 Fruit Juices from Concentrate With Added Ingredient & Other

Natural Flavor - Filtered Water; Apple, Grape, And Cherry Juice Concentrates; Citric Acid (For Tartness); Natural Flavor. **Pizza Crusts** – Wheat Flour (Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour), Water, Soybean Oil, Glycerine, Sugar, Contains 2% Or Less Of: Yeast, Vital Wheat Gluten, Mono- And Diglycerides, Salt, Soy Lecithin, Guar Gum, Carboxymethylcellulose, DATEM, Calcium Propionate, Sodium Stearoyl Lactylate, Xanthan Gum, Enzyme, Natural And Artificial Flavor, Sorbic Acid. CONTAINS: WHEAT, SOY. **Pizza Sauce** - Water, Tomato Paste, Sugar, Contains Less Than 2% Of Modified Food Starch, Salt, Garlic Powder, Onion Powder, Spice, Citric Acid, Potassium Sorbate As A Preservative, Xanthan Gum, Natural Flavor. **Pasteurized Prepared Mozzarella Cheese Product** - Pasteurized Part-skim Milk, Water, Whey Protein Concentrate, Milk Protein Concentrate, Milkfat, Sodium Citrate, Salt, Sorbic Acid As A Preservative, Enzymes, Cheese Culture. CONTAINS: MILK. **Pasteurized Prepared Cheese Product** - Pasteurized Part-skim Milk, Water, Whey Protein Concentrate, Milk Protein Concentrate, Milkfat, Sodium Citrate, Salt, Sorbic Acid As A Preservative, Apocarotenal (Color), Enzymes, Cheese Culture. CONTAINS: MILK. **Artificially Flavored Candy** - Sugar, Corn Syrup, Maltodextrin, Dextrose, Partially Hydrogenated Soybean Oil, Food Starch Modified (Corn), Water, Citric Acid, Artificial Flavors, Blue 1. Manufactured In A Facility That Processes Wheat Flour. CONTAINS: WHEAT

Lunchables Fun Pack Pepperoni Pizza

NUTRITION FACTS

Serving Size 1 package

Amount Per Serving

Calories 420	Calories from Fat 100	
	% Daily Value*	
Total Fat	11 g	17%
Saturated Fat	5 g	25%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	630 mg	26%
Total Carbohydrate	61 g	20%
Dietary Fiber	3 g	12%
Sugars	34 g	
Protein	16 g	20%
Vitamin A	4%	• Vitamin C 20%
Calcium	25%	• Iron 15%

*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
Protein		50g	65g

Meats *Sensible Solution* criteria for convenient meal type products with no more than:
600 calories (400)

35% calories from fat (24%)

10% calories from SFA & TFA (10%)

840mg of sodium (630mg)

90mg of cholesterol (30mg)

25% calories from added sugar (6g added sugar (6%))

And an excellent source of Protein (20%), Calcium (25%), Vitamin C (20%) and a good source of Fiber (12%), Iron 15%

Also – 100% Fruit juice

Ingredients: Blend of 3 Fruit Juices from Concentrate With Added Ingredient & Other Natural Flavor -

Filtered Water; Apple, Grape, And Cherry Juice Concentrates; Citric Acid (For Tartness); Natural Flavor.

Pizza Crusts - Wheat Flour (Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour), Water, Soybean Oil, Glycerine, Sugar, Contains 2% Or Less Of: Yeast, Vital Wheat Gluten, Mono- And Diglycerides, Salt, Soy Lecithin, Guar Gum, Carboxymethylcellulose, DATEM, Calcium Propionate, Sodium Stearoyl Lactylate, Xanthan Gum, Enzyme, Natural And Artificial Flavor, Sorbic Acid. CONTAINS:

WHEAT, SOY. **Pizza Sauce** - Water, Tomato Paste, Sugar, Contains Less Than 2% Of Modified Food Starch, Salt, Garlic Powder, Onion Powder, Spice, Citric Acid, Potassium Sorbate As A Preservative, Xanthan Gum, Natural Flavor. **Pasteurized Prepared Mozzarella Cheese Product** - Pasteurized Part-skim Milk, Water, Whey Protein Concentrate, Milk Protein Concentrate, Milkfat, Sodium Citrate, Salt, Sorbic Acid As A Preservative, Enzymes, Cheese Culture. CONTAINS: MILK. **Pepperoni Flavored Sausage** -

Pork, Water, Pepperoni (Pork, Salt, Spices, Dextrose, Garlic Powder, Lactic Acid Starter Culture, Sodium Nitrite), Contains Less Than 2% Of Salt, Dextrose, Potassium Chloride, Flavor, Maltodextrin, Lactic Acid Starter Culture, Extractives Of Paprika, Sodium Ascorbate, Sodium Nitrite. **Original Fruits Naturally And**

Artificially Flavored Candy - Corn Syrup, Sugar, Hydrogenated Palm Kernel Oil, Fruit Juice From Concentrate (Apple, Strawberry, Lemon, Orange, Cherry), Citric Acid, Dextrin, Gelatin, Food Starch - Modified, Natural And Artificial Flavors, Ascorbic Acid (Vitamin C), Coloring (Red 40, Yellow 5, Yellow 6, Blue 1).

Lunchables Mini Hot Dogs

NUTRITION FACTS		
Serving Size 1 package		
Amount Per Serving		
Calories 380	Calories from Fat 100	% Daily Value*
Total Fat	11 g	17%
Saturated Fat	3.5 g	18%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	700 mg	29%
Total Carbohydrate	61 g	20%
Dietary Fiber	1 g	4%
Sugars	34 g	
Protein	10 g	17%
Vitamin A	0%	• Vitamin C 15%
Calcium	15%	• Iron 15%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for convenient meal products with no more than:

450 calories (380)

35% calories from fat (26%)

10% calories from SFA & TFA (8%)

720mg of sodium (700mg)

90mg of cholesterol (20mg)

25% calories from added sugar (7g added sugar (7%))

And is a good source of Protein (17%), Vitamin C (15%), Calcium (15%), Iron (15%)

Also 100% Fruit Juice

Ingredients: **Blend Of 3 Fruit Juices From Concentrate With Added Ingredient & Other Natural Flavor** - Filtered Water; Apple, Grape, And Cherry Juice Concentrates; Citric Acid (For Tartness); Natural Flavor. Buns - Enriched Wheat Flour (Flour, Barley Malt, Ferrous Sulfate [Iron], Niacin, Thiamine Mononitrate [B1], Riboflavin [B2], Folic Acid), Water, High Fructose Corn Syrup, Partially Hydrogenated Soybean Oil, Contains 2% Or Less Of Salt, Yeast, Wheat Gluten, Calcium Propionate And Potassium Sorbate (To Preserve Freshness), Sodium Stearoyl Lactylate, Calcium Sulfate, Enzymes, Whey (From Milk) And Soy Flour, And Calcium Carbonate. **CONTAINS: WHEAT, MILK, SOY. Wieners Made With Turkey And Pork** - Mechanically Separated Turkey, Water, Pork, Contains Less Than 2% Of Dextrose, Corn Syrup, Salt, Potassium Lactate, Potassium Chloride, Sodium Phosphates, Sodium Diacetate, Sodium Ascorbate, Flavor, Sodium Nitrite, Extractives Of Paprika, Natural And Artificial Flavor. **Milk Chocolate With Crisped Rice** - Milk Chocolate (Sugar, Chocolate, Cocoa Butter, Nonfat Milk, Lactose, Milkfat, Soy Lecithin, Vanillin - An Artificial Flavor), Crisped Rice (Rice Flour, Sugar, Barley Malt, Salt). Made On Equipment That Also Processes Peanuts, Nuts And Wheat. **CONTAINS: MILK, SOY, PEANUTS, TREE NUTS, WHEAT. Ketchup With Starch Added** - Water, Tomato Paste, High Fructose Corn Syrup, Corn Syrup, Distilled Vinegar, Sucrose, Salt, Potassium Chloride, Modified Food Starch, Soybean Oil, Sodium Benzoate And Potassium Sorbate (Preservatives), Dextrose, Onion Powder, Xanthan Gum, Guar Gum, Spice, Natural Flavor. **Mustard** - Vinegar, Water, Mustard Seed, Salt, Turmeric, Paprika.

Lunchables Max'd Out Cheese Pizza

NUTRITION FACTS		
Serving Size 1 package		
Amount Per Serving		
Calories	500	Calories from Fat 110
		% Daily Value*
Total Fat	12 g	18%
Saturated Fat	4 g	20%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	820 mg	34%
Total Carbohydrate	77 g	26%
Dietary Fiber	3 g	12%
Sugars	35 g	
Protein	24 g	46%
Vitamin A	25%	• Vitamin C 20%
Calcium	60%	• Iron 15%

*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	
Protein		50g	65g	

Meets *Sensible Solution* criteria for convenient meal products with no more than:

600 calories (500)

35% calories from fat (22%)

10% calories from SFA & TFA (7%)

840mg of sodium (820mg)

90 mg of cholesterol (15mg)

25% calories from added sugar (18g added sugar (14%))

And Excellent source of Protein (46%), calcium (60%), Vitamin C (20%), Vitamin A (25%) and good

source of Iron (15%), Fiber (12%)

Also, Pizza Crust made with whole grain (8g whole grain)

Ingredients: **Water** - Natural Spring Water. **Pizza Crusts** - Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Water, Yeast, High Fructose Corn Syrup, Soybean Oil, Contains Less Than 2% Of Whey (From Milk), Salt, Potassium Chloride, Sodium Stearoyl Lactylate, Rice Bran Extract, Mono- And Diglycerides, Calcium Propionate (Preservative), Dried Garlic, Alpha Cellulose, Pectin, Cellulose Gum, Natural And Artificial Flavor, Enzymes, L-cysteine. CONTAINS: WHEAT, MILK. **Cheese Blend** - 2% Milk Natural Reduced Fat Mozzarella Cheese (Pasteurized Part-skim Milk, Cheese Culture, Salt, Enzymes, Vitamin A Palmitate), Natural Nonfat Cheddar Cheese (Pasteurized Skim Milk And Milk, Salt, Yeast*, Cheese Culture, Artificial Color, Natural Flavor*, Enzymes, Vitamin A Palmitate), Potato Starch, Water, Cellulose Powder (Anticaking Agent), Calcium Sulfate, Salt, Natamycin (A Natural Mold Inhibitor). CONTAINS: MILK. *Ingredient Not In Regular Cheddar Cheese. **Pizza Sauce** - Water, Tomato Paste, High Fructose Corn Syrup, Modified Food Starch, Contains Less Than 2% Of Salt, Spice, Onion Powder, Citric Acid, Xanthan Gum, Potassium Sorbate (Preservative), Natural Flavor, Soy Lecithin. CONTAINS: SOY. **Artificially Flavored Fruit Roll** - Sugar, Corn Syrup, Wheat Flour, High Fructose Corn Syrup, Partially Hydrogenated Soybean Oil, Citric Acid, Malic Acid, Sodium Citrate, Cellulose Gum, Glycerine, Artificial Flavors, Artificial Color (Red 40). CONTAINS: WHEAT. **Tropical Punch Artificial Flavor Soft Drink Mix** - Sugar, Fructose, Citric Acid (Provides Tartness), Contains Less Than 2% of Natural and Artificial Flavor, Ascorbic Acid (Vitamin C), Vitamin E Acetate, Calcium Phosphate (Prevents Caking), Acesulfame Potassium and Sucralose (Sweeteners), Artificial Color, Red 40, Blue 1, BHA (Preserves Freshness). **Cheesy Flavored Seasoning** - Artificially Flavored - Maltodextrin, Natural Butter Flavor (Autolyzed Yeast Extract, Natural Flavor [Contains Milk], Tapioca Maltodextrin, Maltodextrin, Cultured Whey, Calcium Phosphate, Silicon Dioxide, Wheat Bran, Salt, Wheat, Molasses), Natural Flavor (Maltodextrin, Medium Chain Triglycerides, Modified Food Starch, Natural Flavor, Calcium Phosphate, Triethyl Citrate), Natural Flavor (Partially Hydrogenated Soybean Oil, Natural Flavor), Silicon Dioxide As An Anticaking Agent, Aluminum Oxide, Yellow 6 Lake, Yellow 5. CONTAINS: MILK, WHEAT.

Lunchables Pizza Treatza

NUTRITION FACTS		
Serving Size 1 package		
Amount Per Serving		
Calories 430	Calories from Fat 90	
		% Daily Value*
Total Fat	10 g	15%
Saturated Fat	5 g	25%
Trans Fat	0 g	
Cholesterol	15 mg	5%
Sodium	560 mg	23%
Total Carbohydrate	72 g	24%
Dietary Fiber	4 g	16%
Sugars	45 g	
Protein	14 g	24%
Vitamin A	6%	Vitamin C 4%
Calcium	30%	Iron 15%

*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
Protein		50g	65g

Meets *Sensible Solutions* criteria for convenient meal products with no more than:

600 calories (430)

35% calories from fat (20%)

10% calories from SFA & TFA (10%)

840mg of sodium (560mg)

90mg of cholesterol (15mg)

25% calories from added sugar (17g added sugar (16%))

And is an excellent source of Protein (24%), Calcium (30%) and good source of Fiber (16%), Iron (15%)

Plus 100% Fruit Juice

Ingredients: Blend of 3 Fruit Juices from Concentrate With Added Ingredient & Other Natural Flavor - Filtered Water; Apple, Grape, And Cherry Juice Concentrates; Citric Acid (For Tartness); Natural Flavor. **Pizza Crusts** - Wheat Flour (Enriched Bleached Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Wheat Flour), Water, Soybean Oil, Glycerine, Sugar, Contains 2% Or Less Of: Yeast, Vital Wheat Gluten, Mono- And Diglycerides, Salt, Soy Lecithin, Guar Gum, Carboxymethylcellulose, DATEM, Calcium Propionate, Sodium Stearoyl Lactylate, Xanthan Gum, Enzyme, Natural And Artificial Flavor, Sorbic Acid. CONTAINS: WHEAT, SOY. **Pizza Sauce** - Water, Tomato Paste, Sugar, Contains Less Than 2% Of Modified Food Starch, Salt, Garlic Powder, Onion Powder, Spice, Citric Acid, Potassium Sorbate As A Preservative, Xanthan Gum, Natural Flavor. **Pasteurized Prepared Mozzarella Cheese Product** - Pasteurized Part-skim Milk, Water, Whey Protein Concentrate, Milk Protein Concentrate, Milkfat, Sodium Citrate, Salt, Sorbic Acid As A Preservative, Enzymes, Cheese Culture. CONTAINS: MILK. **Chocolate Fudge Frosting** - High Fructose Corn Syrup, Sweetened Condensed Skim Milk (Skim Milk, Sugar, Corn Syrup), Corn Syrup, Water, Modified Corn Starch, Cocoa Processed With Alkali, Partially Hydrogenated Palm Kernel Oil, Salt, Potassium Sorbate (Preservative), Sodium Bicarbonate, Mono & Diglycerides, Artificial Flavor, Xanthan Gum, Locust Bean Gum. CONTAINS: MILK. **Mini Rainbow Chocolate Chips** - Semi Sweet Chocolate (Sugar, Chocolate Liquor, Cocoa Butter, Dextrose, Soy Lecithin [An Emulsifier], And Vanillin [An Artificial Flavor]), Sugar, Less Than 2% Of The Following: Artificial Color (Includes Blue 1 Lake, Yellow 5 Lake, Yellow 6, Yellow 6 Lake, And Red 40 Lake), And Confectioner's Glaze (Carnauba Wax, Beeswax, And Shellac). ALLERGY INFORMATION: Manufactured On Equipment That Also Processes Milk And Wheat. CONTAINS: SOY, MILK, WHEAT.

Lunchables Chicken Dunks

N u t r i t i o n F a c t s			
Serving Size 1 Package			
Amount Per Serving			
Calories 330			Calories From Fat 50
			% Daily Value *
Total Fat 6g			9%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 30mg			10%
Sodium 550mg			23%
Total Carbohydrate 57g			19%
Dietary Fiber 0g			0%
Sugars 40g			
Protein 12g			22%
Vitamin A 0%	•		Vitamin C 8%
Calcium 2%	•		Iron 8%
* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Meets *Sensible Solution* criteria for convenient meal products with no more than:

450 calories (330)

35% calories from fat (16%)

10% calories SFA & TFA (4%)

600 mg sodium (550 mg)

90 mg cholesterol (30 mg)

25% calories from added sugar (6 g added sugar (7%))

And is an excellent source of protein (22% DV) and contains 100% fruit juice

INGREDIENTS: BLEND OF 3 FRUIT JUICES FROM CONCENTRATE WITH ADDED INGREDIENT & OTHER NATURAL FLAVOR - APPLE, GRAPE, AND CHERRY JUICES FROM CONCENTRATE (WATER; APPLE, CHERRY, AND GRAPE JUICE CONCENTRATES); CITRIC ACID (FOR TARTNESS); NATURAL FLAVOR. **BREADED NUGGET-SHAPED CHICKEN PATTIES (NUGGET-SHAPED CHICKEN PATTIES** - WHITE CHICKEN, WATER, POTASSIUM LACTATE, MODIFIED CORN STARCH, CONTAINS LESS THAN 2% OF SALT, POTASSIUM CHLORIDE, DEXTROSE, SODIUM PHOSPHATES, CARRAGEENAN, SODIUM DIACETATE, LEMON JUICE SOLIDS, FLAVOR. **BREADING** - WHEAT FLOUR, YELLOW CORN FLOUR, MODIFIED FOOD STARCH, EGG WHITES, WHEAT GLUTEN, DEXTROSE, WHEY [FROM MILK], SPICES, SALT, PAPRIKA, ONION POWDER, NATURAL FLAVOR. **BATTER** - WATER, BLEACHED WHEAT FLOUR, MODIFIED FOOD STARCH, YELLOW CORN FLOUR, DEXTROSE, SPICES, GARLIC POWDER, EXTRACTIVES OF PAPRIKA, MONOSODIUM GLUTAMATE, CARAMEL COLOR. **SEASONING** - ENRICHED BLEACHED WHEAT FLOUR [BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], EGG WHITES, MODIFIED FOOD STARCH, SALT, GARLIC POWDER, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN OIL, SPICES, NATURAL FLAVOR. BROWNED IN PARTIALLY HYDROGENATED SOYBEAN OIL.) CONTAINS: WHEAT, EGG, MILK. **KETCHUP WITH STARCH ADDED** - WATER, TOMATO PASTE, HIGH FRUCTOSE CORN SYRUP, CORN SYRUP, DISTILLED VINEGAR, SUCROSE, SALT, POTASSIUM CHLORIDE, MODIFIED FOOD STARCH, SOYBEAN OIL, SODIUM BENZOATE AND POTASSIUM SORBATE (PRESERVATIVES), DEXTROSE, ONION POWDER, XANTHAN GUM, GUAR GUM, SPICE, NATURAL FLAVOR. **ARTIFICIALLY FLAVORED BLUE RASPBERRY CANDY** - SUGAR, CORN SYRUP, MALTODEXTRIN, DEXTROSE, FOOD STARCH MODIFIED (CORN), PARTIALLY HYDROGENATED SOYBEAN OIL, WATER, CITRIC ACID, ARTIFICIAL FLAVOR, BLUE 1. MANUFACTURED IN A FACILITY THAT PROCESSES WHEAT FLOUR. CONTAINS: WHEAT.

Kraft Macaroni & Cheese Dinner- Shapes

Nutrition Facts Panel

N u t r i t i o n F a c t s		
Serving Size 2.5 oz (70g / about 1/2 Box) (Makes about 1 cup)		
Servings Per Container about 2		
Amount Per Serving	As Packaged	As Prepared
Calories	260	290
Calories From Fat	25	50
% Daily Value **		
Total Fat 2.5g*	4 %	9 %
Saturated Fat 1.5g	8 %	15 %
Trans Fat 0g		
Cholesterol 10mg	3 %	5 %
Sodium 580mg	24 %	25 %
Total Carbohydrate 49g	16 %	17 %
Dietary Fiber 1g	4 %	4 %
Sugars 7g		
Protein 9g		
Vitamin A	0 %	4 %
Vitamin C	0 %	0 %
Calcium	20 %	25 %
Iron	10 %	10 %

Meets Sensible Solution Criteria for convenient meal products (when prepared As Suggested) with no more than:
350 Calories (290)
35% Calories from Fat (19%)
10% Calories from SFA + TFA (9.3%)
60 mg Cholesterol (15 mg)
600 mg Sodium (590 mg)
25% Calories from Added Sugar (11% Calories from Total Sugars)
Excellent Source of Calcium (25% DV)
Good Source of Iron (10% DV)

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, CALCIUM CARBONATE, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, SODIUM PHOSPHATE, LACTIC ACID, MILK, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE)

CONTAINS: WHEAT, MILK.

Kraft Macaroni & Cheese Dinner- Spirals

Nutrition Facts Panel

N u t r i t i o n F a c t s		
Serving Size 2.5 oz (70g / about 1/2 Box) (Makes about 1 cup)		
Servings Per Container about 2		
Amount Per Serving	As Packaged	As Prepared
Calories	260	290
Calories From Fat	30	50
% Daily Value **		
Total Fat 3.5g*	5 %	9 %
Saturated Fat 2g	10 %	15 %
Trans Fat 0g		
Cholesterol 15mg	5 %	7 %
Sodium 580mg	24 %	25 %
Total Carbohydrate 48g	16 %	16 %
Dietary Fiber 1g	4 %	4 %
Sugars 6g		
Protein 9g		
Vitamin A	0 %	4 %
Vitamin C	0 %	0 %
Calcium	10 %	15 %
Iron	10 %	10 %

Meets Sensible Solution Criteria for convenient meal products (when prepared as Suggested) with no more than:
 350 Calories (290)
 35% Calories from Fat (19%)
 10% Calories from SFA + TFA (9.3%)
 60 mg Cholesterol (20 mg)
 600 mg Sodium (590 mg)
 25% Calories from Added Sugar (9.7% Calories from Total Sugars)
 Good Source of Calcium (15% DV)

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, MILKFAT, MILK PROTEIN CONCENTRATE, SALT, SODIUM TRIPOLYPHOSPHATE, CONTAINS LESS THAN 2% OF CITRIC ACID, LACTIC ACID, SODIUM PHOSPHATE, CALCIUM PHOSPHATE, MILK, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE)

CONTAINS: WHEAT, MILK.

Kraft Easy Mac- Original Flavor (Current Formula)

N u t r i t i o n F a c t s			
Serving Size 1 Pouch (61g)			
Servings Per Container (8.6 OZ: – 4); (12.9 OZ: 6); (15 OZ: 7); (38.7 OZ: 18)			
Amount Per Serving			
Calories 230			Calories From Fat 35
			% Daily Value *
Total Fat 4g			6%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 550mg			23%
Total Carbohydrate 42g			14%
Dietary Fiber 1g			4%
Sugars 5g			
Protein 7g			
Vitamin A 4%	•		Vitamin C 0%
Calcium 20%	•		Iron 8%
* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Meets Sensible Solution Criteria for convenient meal products with no more than:

350 Calories (230)

35% Calories from Fat (16%)

10% Calories from SFA + TFA (9.8%)

60 mg Cholesterol (5 mg)

600 mg Sodium (550 mg)

25% Calories from Added Sugar (8.7% Calories from Total Sugars)

Excellent Source of Calcium (20% DV)

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, CORN SYRUP SOLIDS, PALM OIL, MALTODEXTRIN, MODIFIED FOOD STARCH, SALT, MILKFAT, MILK PROTEIN CONCENTRATE, CALCIUM CARBONATE, CONTAINS LESS THAN 2% OF MEDIUM CHAIN TRIGLYCERIDES, SODIUM TRIPOLYPHOSPHATE, WHEY PROTEIN CONCENTRATE, CITRIC ACID, GUAR GUM, SODIUM PHOSPHATE, LACTIC ACID, CALCIUM PHOSPHATE, MILK, APOCAROTENAL [COLOR], ARTIFICIAL FLAVOR, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE, NATURAL FLAVOR)

CONTAINS: WHEAT, MILK.

KRAFT EASY MAC – Original Flavor (New Formula – to be phased in during 2009)

N u t r i t i o n F a c t s			
Serving Size 1 Pouch (61 g), ¾ Cup Single Serving			
Amount Per Serving			
Calories 230		Calories From Fat	40
		% Daily Value *	
Total Fat 4.5g			7%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 540mg			23%
Total Carbohydrate 41g			14%
Dietary Fiber 1g			4%
Sugars 5g			
Protein 7g			
Vitamin A 10%	•	Vitamin C	0%
Calcium 20%	•	Iron	8%
* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Meets Sensible Solutions criteria for convenient meal products with no more than:

350 Calories (230)

35% Calories from Fat (18%)

10% Calories from SFA + TFA (9.8%)

60 mg Cholesterol (5 mg)

600 mg Sodium (540 mg)

25% Calories from Added Sugar (8.7% Calories from Total Sugars)

Excellent Source of Calcium (20% DV)

INGREDIENTS: ENRICHED MACARONI PRODUCT (WHEAT FLOUR, GLYCERYL MONOSTEARATE, NIACIN, FERROUS SULFATE [IRON], THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID); CHEESE SAUCE MIX (WHEY, CORN SYRUP SOLIDS, PALM OIL, MALTODEXTRIN, MODIFIED FOOD STARCH, SALT, MILKFAT, MILK PROTEIN CONCENTRATE, CALCIUM CARBONATE, CONTAINS LESS THAN 2% OF MEDIUM CHAIN TRIGLYCERIDES, SODIUM TRIPOLYPHOSPHATE, WHEY PROTEIN CONCENTRATE, CITRIC ACID, GUAR GUM, SODIUM PHOSPHATE, LACTIC ACID, CALCIUM PHOSPHATE, MILK, APOCAROTENAL [COLOR], ARTIFICIAL FLAVOR, YELLOW 5, YELLOW 6, ENZYMES, CHEESE CULTURE, NATURAL FLAVOR)

CONTAINS: WHEAT, MILK.

Capri Sun Juice Drinks (All Flavors)

Nutrition Facts			
Serving Size 1 pouch (200 mL)			
Servings Per Container 1			
Amount Per Serving			
Calories 70		Calories from Fat 0	
			% Daily Value *
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	18g –19g		6%
Dietary Fiber	0g		0%
Sugars	18g		
Protein	0g		
Vitamin A 0%		Vitamin C 0%	
Calcium 0%		Iron 0%	
Vitamin E 10%			
* 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

NUTRITION ATTRIBUTES:

Meets *Sensible Solution* criteria for ready to drink beverage products with 25% less sugar compared to other leading juice drinks with no artificial sweeteners. In addition, provides 10% of the DV of vitamin E.

INGREDIENTS (Wild Cherry): WATER, SUGAR, PEAR AND CHERRY JUICE CONCENTRATES, CITRIC ACID, GRAPE JUICE CONCENTRATE, NATURAL FLAVOR, VITAMIN E ACETATE.

CapriSun Roarin Waters (all flavors)

NUTRITION FACTS PANEL

NUTRITION FACTS		
Serving Size 1 pouch		
Amount Per Serving 200 ml		
Calories	35	Calories from Fat 0
		% Daily Value*
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	15 mg	1%
Total Carbohydrate	9 g	3%
Dietary Fiber	0 g	0%
Sugars	9 g	
Protein	0 g	0%
Vitamin A	0%	• Vitamin C 0%
Calcium	0%	• Iron 0%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for ready-to-drink beverages products with no more than: 40 calories and 10 grams added sugars per serving, providing a low calorie source of hydration.

INGREDIENTS (tropical fruit): WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SUCRALOSE (SPLENDA® BRAND SWEETENER), NATURAL FLAVOR.

Kool-Aid Jammers 10 (all flavors)

NUTRITION FACTS PANEL

NUTRITION FACTS			
Serving Size 1 pouch – 200 ml			
Amount Per Serving 1			
Calories	10	Calories from Fat 0	
			% Daily Value*
Total Fat	0 g		0%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	20 mg		1%
Total Carbohydrate	2 g		1%
Dietary Fiber	0 g		0%
Sugars	2 g		
Protein	0 g		0%
Vitamin A	0%	• Vitamin C	100%
Calcium	0%	• Iron	0%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for ready-to-drink beverage products with no more than 40 calories and 10 grams of added sugars and provides an excellent source of vitamin C (100% DV).

INGREDIENTS (tropical punch): WATER, APPLE JUICE FROM CONCENTRATE, CONTAINS LESS THAN 2% OF ASCORBIC ACID (VITAMIN C), NATURAL AND ARTIFICIAL FLAVOR, CITRIC ACID, SUCRALOSE AND ACESULFAME POTASSIUM (SWEETENERS), BLUE 1, CALCIUM DISODIUM EDTA (PRESERVES FRESHNESS).

Kool-Aid Singles (all flavors)

NUTRITION FACTS PANEL

NUTRITION FACTS			
Serving Size 1 packet – 8g			
Amount Per Serving makes 8 fl oz			
Calories	30	Calories from Fat	0
			% Daily Value*
Total Fat		0 g	0%
Saturated Fat		0 g	0%
Trans Fat		0 g	
Cholesterol		0 mg	0%
Sodium		25 mg	1%
Total Carbohydrate		7 g	2%
Dietary Fiber		0 g	0%
Sugars		7 g	
Protein		0 g	
Vitamin A	0%	•	Vitamin C 10%
Calcium	0%	•	Iron 0%

*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
Protein		50g	65g

NUTRITION ATTRIBUTES:

Meets *Sensible Solution* criteria for powdered beverage products with no more than 40 calories and 10 grams of added sugars and provides a good source of vitamins C (10% DV) and E (10% DV). Also has 50% less sugars than regular *Kool-Aid* powdered beverage.

INGREDIENTS: SUGAR, FRUCTOSE, CITRIC ACID (PROVIDES TARTNESS), CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, CALCIUM PHOSPHATE (PREVENTS CAKING), SALT, ACESULFAME POTASSIUM AND SUCRALOSE (SWEETENERS), RED 40.

Kool-Aid Sugar Free (all flavors)

NUTRITION FACTS PANEL

NUTRITION FACTS			
Serving Size 1/8 envelope (1.3g)			
Amount Per Serving makes 8 fl oz			
Calories	5	Calories from Fat 0	
			% Daily Value*
Total Fat		0 g	0%
Saturated Fat		0 g	0%
Trans Fat		0 g	
Cholesterol		0 mg	0%
Sodium		10 mg	1%
Total Carbohydrate		0 g	0%
Dietary Fiber		0 g	0%
Sugars		0 g	
Protein		0 g	0%
Vitamin A	0%	•	Vitamin C 10%
Calcium	2%	•	Iron 0%

*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
Protein		50g	65g

Meets *Sensible Solution* criteria for powdered beverage products with no more than 40 calories and 10 grams of added sugars and provides a good source of vitamin C (10% DV). Also is a sugar-free beverage.

INGREDIENTS (tropical punch): INGREDIENTS: CITRIC ACID (PROVIDES TARTNESS), MALTODEXTRIN, CALCIUM PHOSPHATE (PREVENTS CAKING), ASPARTAME* (SWEETENER), MODIFIED CORNSTARCH, RED 40, CONTAINS LESS THAN 2% OF NATURAL AND ARTIFICIAL FLAVOR, ASCORBIC ACID (VITAMIN C), POTASSIUM CITRATE (CONTROLS ACIDITY), ACESULFAME POTASSIUM (SWEETENER), SALT, ARTIFICIAL COLOR, BLUE 1, BHA (PRESERVES FRESHNESS).

*PHENYLKETONURICS: CONTAINS PHENYLALANINE