



# FIRST FOOD COMPANY

DALLAS, TEXAS

## INSTANT BREAKFAST SHAKE CHOCOLATE

### NUTRITION FACTS

Serving Size 3 tbsp (34g) makes about 1cup  
Servings per Container 16

Amount Per Serving	MIX	Mix Prepared with
		1 cup Whole Milk with Add Vit A & D
<b>Calories</b>	130	270
Calories from fat	0	70
<b>%DAILY VALUE**</b>		
<b>Total Fat 0g*</b>	0%	12%
Saturated Fat 0g	0%	24%
Trans Fat 0g		
<b>Cholesterol 5mg</b>	1%	13%
<b>Sodium 110 mg</b>	5%	10%
<b>Total Carbohydrate 24g</b>	8%	12%
Dietary Fiber 0g	0%	0%
Sugars 24g		
<b>Protein 6g</b>		
Vitamin A	30%	35%
Vitamin C	35%	35%
Calcium	25%	50%
Iron	20%	20%

\* Amount in mix. 1 cup of Whole milk contributes an additional 8g of fat, 5g of saturated fat, 35 mg of cholesterol, 125mg of sodium, 11g of carbohydrate (10g sugars), and 8g protein.

\*\* 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

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

**12/1.2 lb**