



FIRST FOOD COMPANY

DALLAS, TEXAS

REDUCED CALORIE INSTANT BREAKFAST SHAKE VANILLA

NUTRITION FACTS

Serving Size 2 tbsp (19g) makes about 1cup
Servings per Container 8

Amount Per Serving	MIX	Mix Prepared with
		1 cup Skim Milk with Add Vit A & D
Calories	60	190
Calories from fat	0	0
%DAILY VALUE**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 5mg	1%	3%
Sodium 85 mg	4%	12%
Total Carbohydrate 12g	4%	10%
Dietary Fiber 3g	11%	11%
Sugars 8g		
Protein 5g		
Vitamin A	15%	25%
Vitamin C	20%	20%
Calcium	20%	60%
Iron	10%	10%

* Amount in mix. 1 cup of skim milk contributes an additional 5 mg of cholesterol, 190mg of sodium, 18g of carbohydrate (18g sugars), and 13g 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

12/5.5oz