



FIRST FOOD COMPANY

DALLAS, TEXAS

SUGAR FREE VANILLA PUDDING

NUTRITION FACTS

Serving Size 1 tbsp (7g) makes about ½ cup
 Servings per Container 32

| Amount Per Serving | MIX | Mix Prepared with ½ cup Skim milk with Add Vit A |
|------------------------------|-----|--|
| Calories | 25 | 70 |
| Calories from fat | 0 | 0 |
| %DAILY VALUE** | | |
| Total Fat 0g* | 0% | 0% |
| Saturated Fat 0g | 0% | 0% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 0% |
| Sodium 190 mg | 8% | 10% |
| Total Carbohydrate 6g | 2% | 4% |
| Dietary Fiber 0g | 0% | 0% |
| Sugars 0g | | |
| Protein 0g | | |
| Vitamin A | 0% | 6% |
| Vitamin C | 0% | 0% |
| Calcium | 0% | 15% |
| Iron | 0% | 0% |

* Amount in instant pudding mix. 1/2 cup of skim milk contributes an additional 60mg of sodium, 6g of carbohydrate (6g sugars), and 4g 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

12/8oz