



FIRST FOOD COMPANY

DALLAS, TEXAS

SUGAR FREE LEMON INSTANT PUDDING

NUTRITION FACTS

Serving Size 1 tbsp (7g) makes about 1/2 cup
Servings per Container 32

Amount Per Serving	MIX	Mix Prepared with 1/2 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