

Nutrition Facts

Serving size **1 package (28.3g)**

Amount Per Serving
Calories 140

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 19g **7%**

Dietary Fiber 0g **2%**

Total Sugars 2g

Protein 2g

Vitamin D 0mcg 0% • Calcium 30mg 2%

Iron 0.2mg 0% • Potassium 110mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: YELLOW CORN, SUNFLOWER OIL, WHEY, REDUCED LACTOSE WHEY, MALTODEXTRIN (MADE FROM CORN), NATURAL FLAVORS, CANOLA OIL, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, CITRIC ACID, AND LACTIC ACID.

CONTAINS MILK INGREDIENTS.



Nutrition Facts

Serving size **1 package (28.3g)**

Amount Per Serving

Calories 130

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 110mg **5%**

Total Carbohydrate 22g **8%**

Dietary Fiber 0g **2%**

Total Sugars 3g

Includes 3g Added Sugars **6%**

Protein 2g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0.2mg 0% • Potassium 30mg 0%

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INGREDIENTS: YELLOW CORN, SUNFLOWER OIL, CANE SUGAR, AND SEA SALT.



Nutrition Facts

Serving size 1 bag

Amount per serving

Calories 80

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 75mg 3%

Total Carbohydrate 9g 3%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vit. D 0.7mcg 4% • Calcium 0mg 0%

Iron 0.2mg 2% • Potas. 80mg 2%

Vit. A 40mcg 4% • Vit. C 3mg 4%

Vit. E 2.5mg 15% • Thiamin 0.1mg 8%

Rib. 0.1mg 8% • Vit. B6 0.2mg 10%

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INGREDIENTS: DRIED POTATOES, POTATO STARCH, SUNFLOWER OIL AND/OR CANOLA OIL, SALT, SUGAR, SEASONING (POTATO STARCH, ONION POWDER, SUGAR, TOMATO POWDER, NUTRIENTS FROM A PROPRIETARY BLEND OF VEGETABLES [SPINACH, BROCCOLI, CARROT, TOMATO, BEET, SHIITAKE MUSHROOM], SALT, SPICES, GARLIC POWDER, DEHYDRATED GREEN BELL PEPPER, CELERY POWDER, CARROT POWDER), SPINACH POWDER, TOMATO POWDER, BROCCOLI POWDER (IMPARTS COLOR), TURMERIC (COLOR), PAPRIKA (IMPARTS COLOR), CARROT POWDER (IMPARTS COLOR), RED BEET POWDER (IMPARTS COLOR).



Nutrition Facts

Serving size 1 package (18g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 7g 9%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 7%

Insoluble Fiber 2g

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.2mg 2%

Potassium 30mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: POPCORN, SUNFLOWER OIL AND SALT.



**Contains 100% Juice
Apple**

Nutrition Facts

Serving size 1 Pouch (177mL)

Amount per serving

Calories 80

% DV*

Total Fat 0g **0%**

Sodium 25mg **1%**

Total Carbohydrate 20g **7%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 0g

Iron 0.5mg 2% • Potassium 190mg 4%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.

*% DV = % Daily Value

APPLE INGREDIENTS: APPLE JUICE FROM CONCENTRATE (FILTERED WATER, APPLE JUICE CONCENTRATE), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.



**Contains 100% Juice
Berry • Fruit Punch**

Nutrition Facts

Serving size 1 Pouch (177mL)

Amount per serving

Calories 90

% DV*

Total Fat 0g 0%

Sodium 25mg 1%

Total Carbohydrate 21g 8%

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 0g

Iron 0.5mg 2% • Potassium 170mg 4%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and calcium.

*% DV = % Daily Value

BERRY INGREDIENTS: APPLE, GRAPE, AND STRAWBERRY JUICES FROM CONCENTRATE (FILTERED WATER; APPLE, GRAPE, AND STRAWBERRY JUICE CONCENTRATES), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.

FRUIT PUNCH INGREDIENTS: APPLE, GRAPE, AND CHERRY JUICES FROM CONCENTRATE (FILTERED WATER; APPLE, GRAPE, AND CHERRY JUICE CONCENTRATES), CITRIC ACID (FOR TARTNESS), NATURAL FLAVOR.



Nutrition Facts

Serving size 2 Bars (31.2g)

Amount per serving

Calories 130

% Daily Value

Total Fat 1g 1%

Sodium 5mg 1%

Total Carbohydrate 30g 11%

Total Sugars 21g

Incl. 21g Added Sugars 42%

Protein 0g

INGREDIENTS: SUGAR, CORN SYRUP, MALTODEXTRIN, DEXTROSE, MODIFIED FOOD STARCH (CORN), PALM OIL, CONTAINS LESS THAN 2% OF: CITRIC ACID, WATER, ARTIFICIAL FLAVORS, RED 40, BLUE 1, YELLOW 6, YELLOW 5.



Nutrition Facts

Serving size **1 packet (19g)**

Amount Per Serving

Calories 90

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 60mg **3%**

Total Carbohydrate 11g **4%**

Dietary Fiber <1g **3%**

Total Sugars 5g

Includes 5g Added Sugars **10%**

Protein 1g

Vitamin D 0mcg 0% • Calcium 0mg 0%

Iron 0.2mg 0% • Potassium 20mg 0%

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INGREDIENTS: GLUTEN FREE FLOUR BLEND (ORGANIC LIGHT BUCKWHEAT FLOUR, GLUTEN FREE OAT FLOUR, CASSAVA FLOUR, TAPIOCA FLOUR), ORGANIC FAIR TRADE CANE SUGAR, NON GMO SUNFLOWER OIL, SEMI-SWEET CHOCOLATE CHIPS (CANE SUGAR, UNSWEETENED CHOCOLATE, COCOA BUTTER), GLUTEN FREE OATS, WATER, TAPIOCA STARCH, TAPIOCA FIBER SYRUP, VANILLA EXTRACT, SEA SALT, BAKING SODA, CARAMELIZED CANE SUGAR, ROSEMARY EXTRACT.

Made in a dedicated Gluten-Free, Peanut-Free, Allergy-Friendly facility.



Nutrition Facts

Serving size
1 bar (24g)

Calories
per serving **100**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3.5g	4%	Total Carbohydrate 17g	6%
Saturated Fat 1g	5%	Dietary Fiber 1g	4%
<i>Trans</i> Fat 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Includes 6g Added Sugars	12%
Sodium 10mg	0%	Protein 2g	
Vitamin D 20% • Calcium 0% • Iron 4% • Potassium 2% • Vitamin A 20% Vitamin C 20% • Vitamin E 20% • Thiamin 20% • Vitamin B6 20%			

INGREDIENTS: PURE GLUTEN FREE OATS*, AGAVE SYRUP*, CHOCOLATE CHIPS* (CANE SUGAR*, UNSWEETENED CHOCOLATE*, COCOA BUTTER*), BROWN RICE SYRUP*, SUNFLOWER OIL*, INVERT CANE SYRUP*, BROWN RICE CRISPS*, VEGETABLE EXTRACTS (SPINACH, BROCCOLI, CARROTS, TOMATOES, BEETS, SHIITAKE MUSHROOMS), NATURAL FLAVOR*, AGAR*, SALT.

*ORGANIC.



Nutrition Facts

Serving Size 1 pouch (25.5g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g **0%**

Sodium 20mg **1%**

Total Carbohydrate 19g **7%**

Total Sugars 11g

Includes 9g Added Sugars **18%**

Protein 1g

Vitamin A 230mcg 25%

Vitamin C 23mg 25%

Vitamin E 3.8mg 25%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron, and potassium.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FRUIT PUREE (GRAPE, PEACH, ORANGE, STRAWBERRY AND RASPBERRY), CORN SYRUP, SUGAR, MODIFIED CORN STARCH, GELATIN, CONCORD GRAPE JUICE FROM CONCENTRATE, CITRIC ACID, LATIC ACID, NATURAL AND ARTIFICIAL FLAVORS, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), VITAMIN A PALMITATE, SODIUM CITRATE, COCONUT OIL, CARNAUBA WAX, ANNATTO (COLOR), TURMERIC (COLOR), RED 40, AND BLUE 1.



Nutrition Facts Serv. size: **1 pack (14g)**, Amount Per Serving:

Calories 50, **Total Fat** 1.5g (2% DV), **Sat. Fat** 0g (0% DV), *Trans Fat* 0g, **Cholest.** 0mg (0% DV), **Sodium** 100mg (4% DV), **Total Carb.** 9g (3% DV), **Fiber** 1g (4% DV), **Total Sugars** <1g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, **Vit. D** (0% DV), **Calcium** (2% DV), **Iron** (2% DV), **Potas.** (0% DV).



INGREDIENTS: CASSAVA FLOUR, CHICKPEA FLOUR, SUNFLOWER OIL, TAPIOCA STARCH, MUNG BEAN PROTEIN, PSYLLIUM FIBER, SEA SALT, YEAST, SODIUM BICARBONATE, GLUCOSE SYRUP, SUNFLOWER LECITHIN, NATURAL VEGAN WHITE CHEDDAR FLAVOR, ONION POWDER, VEGAN LACTIC ACID, CITRIC ACID, SPICES, BLACK PEPPER.

Nutrition Facts Serv. size: **1 pack (14g)**, Amount Per Serving:

Calories 45, **Total Fat** 1g (1% DV), **Sat. Fat** 0g (0% DV), **Trans Fat** 0g, **Cholest.** 0mg (0% DV), **Sodium** 580mg (25% DV), **Total Carb.** 8g (3% DV), **Fiber** 1g (4% DV), **Total Sugars** 0g (Incl. 0g Added Sugars, 0% DV), **Protein** 1g, **Vit. D** (0% DV), **Calcium** (2% DV), **Iron** (2% DV), **Potas.** (0% DV).



INGREDIENTS: CASSAVA FLOUR, CHICKPEA FLOUR, SEA SALT, TAPIOCA STARCH, SUNFLOWER OIL, MUNG BEAN PROTEIN, PSYLLIUM FIBER, YEAST, SODIUM BICARBONATE, SUNFLOWER LECITHIN.