

Food name: Drop Ship- Bob's Red Mill Honey Oat Granola

Nutrition Facts

7 servings per container

Serving size 1 (50g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 65mg 3%

Total Carbohydrate 38g 14%

Dietary Fiber 4g 14%

Total Sugars 10g

Includes 10g Added Sugars 20%

Protein 5g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 170mg 4%

* The % Daily Values (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: GLUTEN-FREE WHOLE GRAIN ROLLED OATS, CANE SUGAR, BROWN RICE, CANOLA OIL, HONEY, BROWN RICE SYRUP, MOLASSES, SALT, VANILLA EXTRACT (VANILLA BEAN EXTRACTIVES, ALCOHOL, WATER), MIXED TOCOPHEROLS (ANTIOXIDANT)

Food name: Drop Ship- Noosa Mixed Berry Yoghurt (4.5 Oz.)

Nutrition Facts

1 servings per container

Serving size 1 (128g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 4g 20%

*Trans*Fat 0g

Cholesterol 20mg 7%

Sodium 65mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 11g Added Sugars 22%

Protein 6g

Vitamin D 0mcg 0%

Calcium 200mg 15%

Iron 0mg 0%

Potassium 280mg 6%

* The % Daily Values (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: GRADE A PASTEURIZED WHOLE MILK, FRUIT PUREE (WATER, STRAWBERRIES, CANE SUGAR, BLUEBERRIES, RASPBERRIES, BLACKBERRY PUREE, PECTIN, LOCUST BEAN GUM, VEGETABLE JUICE [FOR COLOR], NATURAL FLAVOR, LEMON JUICE CONCENTRATE), CANE SUGAR, WILDFLOWER HONEY, KOSHER GELATIN, PECTIN, LIVE ACTIVE CULTURES

CONTAINS: MILK

Food name: Drop Ship- Noosa Vanilla Yoghurt (4.5 Oz.)

Nutrition Facts

1 servings per container

Serving size 1 (128g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 7g 9%

Saturated Fat 4g 20%

*Trans*Fat 0g

Cholesterol 25mg 8%

Sodium 70mg 3%

Total Carbohydrate 18g 7%

Dietary Fiber 0g 0%

Total Sugars 18g

Includes 11g Added Sugars 22%

Protein 7g

Vitamin D 0mcg 0%

Calcium 260mg 20%

Iron 0mg 0%

Potassium 470mg 10%

* The % Daily Values (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: GRADE A PASTEURIZED WHOLE MILK, CANE SUGAR, VANILLA BLEND (CANE SUGAR, WATER, TAPIOCA STARCH, PURE VANILLA EXTRACT, VANILLA BEAN, NATURAL FLAVOR, PECTIN, LEMON JUICE CONCENTRATE), WILDFLOWER HONEY, KOSHER GELATIN, PECTIN, LIVE ACTIVE CULTURES

CONTAINS: MILK