FREEZE DRIED SLICED BANANA CHIPS **STRAWBERRIES**

(1 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (4g) Dry Servings Per Container: 20

Amount Per Servin	g	
Calories 15	Calories	from Fat C
		% Daily Value
Total Fat Og		0%
Saturated Fa	nt Og	0%
Trans Fat Og	9	
Cholesterol 0	mg	0%
Sodium Omg		0%
Total Carbohy	drate 2g	1%
Dietary Fibe	r 1g	4%
Sugars 2g		
Drotoin Oc		

Protein Og

Vitamin A	0%	•	Vitamin C	45%
Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Y			e based on a lues may be hi	
lower depend	ding on y	our/	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 Carbohyd	rate	300g	375g		
Dietary Fiber		25g	30g		
Calories per gram: Fat 9 • Carbs 4 • Protein 4					

INGREDIENTS:

(1 pouch)

Nutrition Facts

Serving Size: 1/2 Cup (33g) Dry

Servings Per Container: 8					
Amount Per Serving					
Calories 170 Calories from Fa	at 100				
% Dail	y Value*				
Total Fat 11g	17%				
Saturated Fat 10g	50%				
Trans Fat Og					
Cholesterol Omg	0%				
Sodium Omg	0%				
Potassium 180mg	5%				
Total Carbohydrate 19g	6%				
Dietary Fiber 3g	12%				
Sugars 12g					
Protein 1g					
Vitamin A 0% • Vitamin C	4%				
Calcium 0% • Iron	2%				

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			

*Percent Daily values are based on a 2.000

Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg 300g 375g Total Carbohydrate Dietary Fiber Calories per gram: Fat 9 • Carbs 4 • Protein 4

INGREDIENTS:

Dehydrated banana slices (bananas, refined coconut oil, sugar, banana flavoring).

FREEZE DRIED APPLE DICES

(1 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (6g) Dry Servings Per Container: 16

Amount Per Sei	rving					
Calories 20	,	Calc	ries	from	Fat	0
				% Dail	ly Val	ue*
Total Fat 0	g				C)%
Saturated	Fat	0g			C)%
Trans Fat	0g					
Cholesterol	Om	g			C)%
Sodium Om	ng				C)%
Total Carbo	hyd	rate	6g		2	2%
Dietary Fi	ber	1g			4	١%
Sugars 4g						
Protein Og						
Vitamin A	0%	•	Vita	min C		2%
Calcium	0%	•	Iron		(Э%
*Percent Daily calorie diet. Yo lower dependi	our da	ily val	ues m	nay be h	nigher	
	Ca	lories	2	,000	2,5	00
Total Fat		than		65g		0g
Saturated Fat	Less	than		20g	2	25g

INGREDIENTS:

Total Carbohydrate

Dietary Fiber

freeze-dried apple dices (apple, ascorbic acid, citric acid, calcium chloride).

Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg

Calories per gram: Fat 9 • Carbs 4 • Protein 4

300g

25g

300mg

FREEZE DRIED WHOLE **RASPBERRIES**

(1 pouch)

Nutrition Facts

Serving Size: 1/4 Cup (5g) Dry Servings Per Container: 20

Amount Per Serving	9	
Calories 20	Calories fr	om Fat 0
	%	Daily Value*
Total Fat Og		0%
Saturated Fa	t Og	0%
Trans Fat Og	Ì	
Cholesterol O	mg	0%
Sodium Omg		0%
Total Carbohy	drate 4g	1%
Dietary Fiber	[,] 2g	8%
Sugars 2g		

Protein Oa

Vitamin A	0%	•	Vitamin C	10%
Calcium	0%	•	Iron	2%
	our dai	ly val	based on a ues may be h calorie needs	igher or
	Cal	ories	2,000	2,500

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 • Carbs 4 • Protein 4						

INGREDIENTS:

FREEZE DRIED WHOLE BLUEBERRIES (1 can)

Nutrition Facts

Serving Size: 1/4 Cup (7g) Dry Servings Per Container: 22

Servings rer e	ontamen.	
Amount Per Serving	ı	
Calories 20	Calories	from Fat 0
		% Daily Value
Total Fat Og		0%
Saturated Fa	t Og	0%
Trans Fat Og		
Cholesterol Or	ng	0%
Sodium Omg		0%
Total Carbohy	drate 6g	2%
Dietary Fiber	1g	4%
Sugars 4g		
Protein Oa		

Vitamin A 0% • Vitamin C

Calcium	0%	•	Iron	2%
*Percent Daily calorie diet. Yo lower dependi	ur daily	val	ues may be	higher or

	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 • Carbs 4 • Protein 4					

INGREDIENTS:

SPIFF-E-WHIP

Nutrition Facts

Serving Size: 1 Tsp (5g) Dry

Servings Per Container: 113				
Amount Per Ser	ving			
Calories 25	С	alo	ries from F	at 10
			% Dail	y Value*
Total Fat 1g				2%
Saturated Fat 1g				5%
Trans Fat	0g			
Cholesterol Omg				0%
Sodium Omg				0%
Total Carbohydrate 3g 1%				
Dietary Fiber Og				0%
Sugars 3g				
Protein Og	·			
Vitamin A	0%		Vitamin C	0%
Calcium	0%	•	Iron	0%
*Percent Daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.				
	Cal	ories	2,000	2,500
Total Fat Saturated Fat Cholesterol		than	65g 20g 300mg	80g 25g 300mg

INGREDIENTS:

Sodium Total Carbohydrate

Dietary Fiber

Sugar, creamer (partially hydrogenated palm kernel oil, corn syrup solids, lactose, sugar, glyceryl lacto esters of fatty acids, sodium caseinate [a milk derivative], contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate, dipotassium phosphate, artificial flavor), creamer (partially hydrogenated palm kernel oil, corn syrup solids, sugar, propylene glycol esters of fats and fatty acids, sodium caseinate [a milk derivative], acetylated monoglycerides, contains 2% or less of each of the following: mono and diglycerides, sodium aluminosilicate), dextrose, vanilla flavor (dextrose, corn starch, water, alcohol).

Calories per gram: Fat 9 • Carbs 4 • Protein 4

Less than 2,400mg 2,400mg

300g

25g

30g

Contains allergens: Milk.