

Nutrition Facts

	Apple Cinnamon Cereal	Brown Sugar & Maple Multi-Grain Cereal	Creamy Pasta & Vegetable Rotini	Hearty Tortilla Soup	Southwest Rice & Beans	Whey Milk	Wise Water
Serving Size	1/4 Pouch (66g)	1/4 Pouch (66g)	1/4 Pouch (51g)	1/4 Pouch (45g)	1/4 Pouch (50g)	2 Tbsp (17g)	4.2 Fluid Oz (119g)
Servings Per Container	4	4	4	4	4	12	1
Amount Per Serving							
Calories	260	260	200	150	180	80	0
Calories from Fat	35	35	35	10	10	30	0
	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*	% Daily Value*
Total Fat	4g 6%	4g 6%	4g 6%	1g 2%	4g 6%	3g 5%	0g 0%
Saturated Fat	1g 5%	1g 5%	1.5g 8%	0g 0%	1g 5%	2.5g 13%	0g 0%
Trans Fat	1g	1g	0g	0g	1g	0g	0g
Cholesterol	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%	0mg 0%
Sodium	135mg 6%	120mg 6%	600mg 25%	960mg 40%	135mg 6%	90mg 4%	0mg 0%
Total Carbohydrate	46g 15%	46g 15%	35g 12%	33g 11%	46g 15%	10g 3%	0g 0%
Dietary Fiber	7g 28%	7g 28%	2g 8%	4g 16%	7g 25%	0g 0%	0g 0%
Sugars	16g	16g	4g	1g	16g	8g	0g
Protein	6g	6g	6g	4g	6g	2g	0g
Vitamin A	0%	0%	20%	20%	20%	0%	0%
Vitamin C	0%	0%	2%	6%	8%	0%	0%
Calcium	4%	2%	4%	2%	4%	30%	0%
Iron	10%	10%	8%	4%	6%	0%	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.