

FREEZE DRIED ~ PRECOOKED
**WESTERN-STYLE
SCRAMBLED EGGS
WITH HAM, PEPPERS
& CHEESE**

ADD 8 OUNCES HOT WATER
(~1/3 CANTEEN CUP) TO POUCH.
STIR, WAIT ~5-10 MINUTES.

HOT WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: FREEZE DRIED PRECOOKED EGGS (WHOLE EGGS, EGG YOLK, NONFAT DRY MILK, MODIFIED CORN STARCH, CORN OIL, SALT, YEAST EXTRACT, SUNFLOWER OIL & SMOKE FLAVOR, XANTHAN GUM), FREEZE DRIED COOKED HAM: HAM (CURED WITH SALT, DEXTROSE, SODIUM TRIPOLYPHOSPHATE, SODIUM ERYTHORBATE, SMOKE FLAVOR, SODIUM NITRITE), FREEZE DRIED CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO COLOR, POTATO STARCH AND CELLULOSE POWDER [TO PREVENT CAKING], NATAMYCIN [NATURAL MOLD INHIBITOR]), FREEZE DRIED RED & GREEN BELL PEPPERS, DEHYDRATED ONIONS.

CONTAINS: EGG, MILK.

NET WT 2.65 OZ (75g)

Nutrition Facts

Serving Size - 1 Pouch (75g)

Amount Per Serving

Calories 380 Calories from Fat 190

% Daily Value*

Total Fat 22g **33%**

Saturated Fat 7g **33%**

Trans Fat 0g

Cholesterol 545mg **182%**

Sodium 1350mg **56%**

Total Carbohydrate 16g **5%**

Dietary Fiber <1g **4%**

Sugars 10g

Protein 31g

Vitamin A 30% • Vitamin C 70%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary 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

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OREGON FREEZE DRY, INC.
ALBANY, OREGON 97321 USA

31674239

REV. 1001AF



FREEZE DRIED - PRECOOKED
**SCRAMBLED EGGS
WITH BACON**

ADD 8 OUNCES HOT WATER
(1/3 CANTEEN CUP) TO POUCH.
STIR, WAIT - 5-10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.

INGREDIENTS:

PRECOOKED SCRAMBLED EGGS: WHOLE
EGGS (GLUCOSE REMOVED FOR STABILITY) •
EGG YOLK • NONFAT DRY MILK • MODIFIED
CORN STARCH • CORN OIL • SALT • YEAST
EXTRACT • SUNFLOWER OIL • SMOKE FLAVOR •
XANTHAN GUM

BACON: BACON (CURED WITH WATER, SALT,
SODIUM ERYTHORBATE, SODIUM NITRITE,
SMOKE FLAVORING, SUGAR, DEXTROSE,
BROWN SUGAR, SODIUM PHOSPHATE,
POTASSIUM CHLORIDE, FLAVORING)

*FREEZE DRIED

CONTAINS: MILK, EGG

NET WT 2.65 OZ (75g)

Nutrition Facts

Serving Size - 1 Pouch (75g)

Amount Per Serving

Calories 410 Calories from Fat 220

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 710mg **237%**

Sodium 1190mg **50%**

Total Carbohydrate 13g **4%**

Dietary Fiber 0g **0%**

Sugars 8g

Protein 30g

Vitamin A 20% • Vitamin C 6%

Calcium 30% • Iron 15%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary 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
Protein		50g	65g

FREEZE DRIED

BREAKFAST SKILLET

WITH HASH BROWNS

AND SCRAMBLED EGGS

MIXED WITH PORK SAUSAGE,

PEPPERS & ONIONS

ADD 8 OUNCES HOT WATER
 (-1/3 CANTEEN CUP) TO POUCH.
STIR, WAIT 5-10 MINUTES.
HOT WATER MAY BE ADDED IN
STAGES TO KEEP FOOD HOT.



INGREDIENTS: HASH BROWNS* (POTATOES, VEGETABLE OIL [MAY CONTAIN: CANOLA, SUNFLOWER, COTTONSEED, PALM, CORN, SOYBEAN, HYDROGENATED SOYBEAN, HYDROGENATED COTTONSEED OILS], SALT, DEHYDRATED POTATO, ENRICHED BLEACHED FLOUR [WHEAT FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], POTASSIUM SORBATE [TO MAINTAIN FRESHNESS], NATURAL FLAVORING, DISODIUM DIHYDROGEN PYROPHOSPHATE [COLOR RETENTION], DEXTROSE), **PRECOOKED EGGS*** (WHOLE EGGS [GLUCOSE REMOVED FOR STABILITY], EGG YOLK, NONFAT DRY MILK, MODIFIED CORN STARCH, CORN OIL, SALT, YEAST EXTRACT, SUNFLOWER OIL, SMOKE FLAVOR, XANTHAN GUM), **PORK SAUSAGE*** (SAUSAGE [PORK, SALT, SPICES, SUGAR], TEXTURED VEGETABLE PROTEIN [SOY FLOUR, SALT]) • RED AND GREEN BELL PEPPERS* • DEHYDRATED ONIONS *FREEZE DRIED

CONTAINS: EGG, MILK, WHEAT, SOY

NET WT 3.18 OZ (90g)

Nutrition Facts

Serving Size - 1 Pouch (90g)

Amount Per Serving

Calories 450 Calories from Fat 250

% Daily Value*

Total Fat 27g **42%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 310mg **103%**

Sodium 1260mg **53%**

Total Carbohydrate 32g **11%**

Dietary Fiber 2g **8%**

Sugars 5g

Protein 17g

Vitamin A 15% • **Vitamin C 8%**

Calcium 15% • **Iron 10%**

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		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
Protein			50g	65g

MANUFACTURED BY
OFD FOODS, INC.
 ALBANY, OREGON 97321 USA

31674829

F REV. 1511C

FREEZE DRIED SPAGHETTI WITH MEAT SAUCE

ADD 16 OUNCES HOT WATER
(-3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS:

ENRICHED SPAGHETTI (DURUM [WHEAT] SEMOLINA,
NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE,
RIBOFLAVIN, FOLIC ACID) • TOMATO PASTE • COOKED
BEEF (BEEF, FLAVORING, SALT)

LESS THAN 2% OF: TEXTURED SOY FLOUR (SOY
FLOUR, CARAMEL COLOR) • DEHYDRATED CHEESE
(CHEDDAR CHEESE [MILK, CHEESE CULTURE, SALT,
ENZYMES], CREAM, SALT, SODIUM PHOSPHATE, LACTIC
ACID) • SUGAR • SEA SALT • HYDROLYZED VEGETABLE
PROTEIN (CORN, YEAST, WHEAT GLUTEN, SOY
PROTEIN, SOYBEAN OIL) • SPICE • ONION POWDER •
GARLIC POWDER

CONTAINS: MILK, SOY, WHEAT

NET WT 4.30 OZ (122g)

Nutrition Facts

Serving Size - 1 Pouch (122g)

Amount Per Serving

Calories 520 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 1330mg **55%**

Total Carbohydrate 75g **25%**

Dietary Fiber 6g **24%**

Sugars 14g

Protein 27g

Vitamin A 25% • Vitamin C 70%

Calcium 10% • Iron 30%

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calorie diet. Your Daily Values may vary 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
Protein		50g	65g

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31671089

F REV. 1502D

FREEZE DRIED BEEF STEW

ADD 16 OUNCES HOT WATER
(-3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: POTATOES (POTATOES, SODIUM
ACID PYROPHOSPHATE [COLOR RETENTION]) •
COOKED BEEF (BEEF, SALT) • CARROTS • GREEN
PEAS (PEAS, SALT) • CORN OIL WITH SPICE
EXTRACT
LESS THAN 2% OF: MODIFIED CORN STARCH •
HYDROLYZED VEGETABLE PROTEIN (CORN,
YEAST, WHEAT GLUTEN, SOY PROTEIN,
SOYBEAN OIL) • DRIED BEEF STOCK •
DEHYDRATED ONION • SUGAR • SPICES • GARLIC
POWDER

CONTAINS: WHEAT, SOY

NET WT 4.94 OZ (140g)

Nutrition Facts

Serving Size - 1 Pouch (140g)

Amount Per Serving

Calories 570 Calories from Fat 160

% Daily Value*

Total Fat 18g **27%**

Saturated Fat 3g **16%**

Trans Fat 0g

Cholesterol 55mg **19%**

Sodium 2680mg **112%**

Total Carbohydrate 63g **21%**

Dietary Fiber 8g **30%**

Sugars 7g

Protein 43g

Vitamin A 180% • Vitamin C 80%

Calcium 6% • Iron 25%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary 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
Protein		50g	65g

MANUFACTURED BY
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31671959

F REV. 1502U

FREEZE DRIED ORIENTAL-STYLE SPICY CHICKEN & VEGETABLES WITH RICE



ADD 16 OUNCES HOT WATER
(~3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT ~10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.

INGREDIENTS: GREEN BEANS, COOKED CHICKEN,
PRECOOKED ENRICHED LONG GRAIN RICE
(ENRICHED WITH NIACIN, IRON [FERRIC
ORTHOPHOSPHATE], THIAMINE MONONITRATE,
FOLIC ACID), MUSHROOMS, WATERCHESTNUTS,
RED BELL PEPPERS, TERIYAKI FLAVOR
(SOY SAUCE [SOYBEANS, WHEAT, SALT],
MALTODEXTRIN, YEAST EXTRACT, SALT, SPICES),
AND CONTAINS 2% OR LESS OF MODIFIED CORN
STARCH, BROWN SUGAR, FLAVORING (DRIED
TORULA YEAST, AUTOLYZED YEAST EXTRACT,
SAFFLOWER OIL, NATURAL FLAVOR), GARLIC
POWDER, SESAME/SOYBEAN OIL, SPICES, SALT.

CONTAINS: SOY, WHEAT.

NET WT 5.29 OZ (150g)

Nutrition Facts

Serving Size - 1 Pouch (150g)

Amount Per Serving

Calories 580 Calories from Fat 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 2590mg **108%**

Total Carbohydrate 99g **33%**

Dietary Fiber 7g **29%**

Sugars 10g

Protein 32g

Vitamin A 30% • Vitamin C 60%

Calcium 10% • Iron 30%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary 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

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OREGON FREEZE DRY, INC.
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31671389

REV. 1104S

FREEZE DRIED CHILI MACARONI WITH BEEF

ADD 16 OUNCES HOT WATER
(3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS:

COOKED BEEF (BEEF, FLAVORING, SALT) • ENRICHED
MACARONI (DURUM [WHEAT] SEMOLINA, NIACIN, FERROUS
SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID)
• KIDNEY BEANS (KIDNEY BEAN, SALT) • TOMATO PASTE •
CHILI SEASONING (CHILI PEPPER & OTHER SPICES,
DEHYDRATED ONION & GARLIC, SALT, HYDROLYZED SOY
PROTEIN, POTASSIUM CHLORIDE, PAPRIKA, SUGAR,
MALTODEXTRIN, BEEF EXTRACT, DISODIUM INOSINATE,
DISODIUM GUANYLATE, AUTOLYZED YEAST EXTRACT,
CARAMEL COLOR, NATURAL FLAVORS, CITRIC ACID) •
MODIFIED CORN STARCH • DEHYDRATED ONION • SPICE

CONTAINS: SOY, WHEAT

NET WT 4.80 OZ (136g)

Nutrition Facts

Serving Size - 1 Pouch (136g)

Amount Per Serving

Calories 570 **Calories from Fat** 130

% Daily Value*

Total Fat 15g **23%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 1950mg **81%**

Total Carbohydrate 77g **26%**

Dietary Fiber 12g **48%**

Sugars 7g

Protein 31g

Vitamin A 40% • Vitamin C 40%

Calcium 15% • Iron 35%

*Percent Daily Values are based on a 2,000
calorie diet. Your Daily Values may vary 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
Protein		50g	65g

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31671289

F REV. 1502G

FREEZE DRIED TURKEY TETRAZZINI

ADD 16 OUNCES HOT WATER
(~3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT ~10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: COOKED TURKEY, ASPARAGUS, ENRICHED SPAGHETTI (DURUM SEMOLINA, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED CORN STARCH, NONFAT DRY MILK, PIMIENTOS, MUSHROOMS, CORN OIL, AND CONTAINS 1% OR LESS OF SALT, CHICKEN BASE (CHICKEN INCLUDING NATURAL CHICKEN JUICES, MALTODEXTRIN, HYDROLYZED CORN GLUTEN, DRIED WHEY, NATURAL FLAVORING, YEAST EXTRACT), SUGAR, CHICKEN FAT, DEHYDRATED ONION, FLAVORINGS (YEAST EXTRACT, SAFFLOWER OIL, AND NATURAL FLAVOR), HYDROLYZED CORN SOY WHEAT GLUTEN PROTEIN, SPICES, SHERRY WINE, (CONTAINS SULFITE), GARLIC POWDER, CITRIC ACID, TURMERIC (FOR COLOR), SOYBEAN OIL, AND SPICE EXTRACT.

CONTAINS: WHEAT, MILK, SOY.

NET WT 4.41 OZ (125g)

Nutrition Facts

Serving Size - 1 Pouch (125g)

Amount Per Serving

Calories 610 Calories from Fat 180

% Daily Value*

Total Fat 21g **32%**

Saturated Fat 4.5g **22%**

Trans Fat 0g

Cholesterol 80mg **27%**

Sodium 1590mg **66%**

Total Carbohydrate 59g **20%**

Dietary Fiber 3g **11%**

Sugars 13g

Protein 36g

Vitamin A 20% • Vitamin C 40%

Calcium 50% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may vary 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

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OREGON FREEZE DRY, INC.
ALBANY, OREGON 97321 USA

31671359

REV. 1104R



FREEZE DRIED
**STROGANOFF WITH
BEEF & NOODLES**

ADD 16 OUNCES HOT WATER
(3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.

INGREDIENTS:

BEEF STROGANOFF: COOKED BEEF (BEEF FLAVORING,
SALT) • SOUR CREAM (CULTURED CREAM AND MILK, WHEY,
MODIFIED CORN STARCH, GUAR GUM, CARBAGEENAN,
CARBOHYDRATE, SODIUM CITRATE) • MUSHROOMS • CORN
OIL WITH SPICE EXTRACT
LESS THAN 2%: NONFAT DRY MILK • DEHYDRATED ONION •
DRIED BEEF STOCK • HYDROLYZED VEGETABLE PROTEIN
(CORN, YEAST, WHEAT GLUTEN, SOY PROTEIN, SOYBEAN OIL
• LEMON JUICE CONCENTRATE & LEMON OIL • BEEF FLAVOR
(BEEF STOCK, MALTODEXTRIN, SALT) • SALT • CANE
MOLASSES • WHITE PEPPER • GARLIC POWDER
PRECOOKED NOODLES: DURUM SEMOLINA • WHOLE EGG •
SALT

CONTAINS: MILK, WHEAT, SOY, EGG

NET WT 4.80 OZ (130g)

Nutrition Facts

Serving Size - 1 Pouch (130g)

Amount Per Serving

Calories 620 Calories from Fat 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 100mg **35%**

Sodium 1690mg **70%**

Total Carbohydrate 68g **23%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 29g

Vitamin A 8% • Vitamin C 20%

Calcium 15% • Iron 8%

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calorie diet. Your Daily Values may vary 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	
Protein		50g	65g	



FREEZE DRIED
CHICKEN & RICE

ADD 16 OUNCES HOT WATER
(3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT -10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS: COOKED CHICKEN (CHICKEN MEAT, SALT) •
PRE-COOKED ENRICHED LONG GRAIN RICE (RICE, NIACINAMIDE,
FERRIC ORTHOPHOSPHATE, THIAMINE MONONITRATE, FOLIC
ACID) • RED BELL PEPPERS
LESS THAN 2% OF: CORN OIL WITH SPICE EXTRACT • MODIFIED
CORN STARCH • SALT • DRIED CHICKEN BROTH • DEHYDRATED
CHICKEN • GARLIC POWDER • TURMERIC (COLOR)

NET WT 4.94 OZ (140g)

Nutrition Facts

Serving Size - 1 Pouch (140g)

Amount Per Serving

Calories 650 Calories from Fat 220

% Daily Value*

Total Fat 24g **37%**

Saturated Fat 6g **30%**

Trans Fat 0g

Cholesterol 125mg **42%**

Sodium 1930mg **80%**

Total Carbohydrate 65g **22%**

Dietary Fiber 2g **7%**

Sugars 1g

Protein 44g

Vitamin A 8% • Vitamin C 0%

Calcium 4% • Iron 25%

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calorie diet. Your Daily Values may vary 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
Protein		50g	65g



MOUNTAIN HOUSE

FREEZE DRIED MEXICAN STYLE RICE & CHICKEN

ADD 16 OUNCES HOT WATER
(~3/4 CANTEEN CUP) TO POUCH.
STIR, WAIT ~10 MINUTES. HOT
WATER MAY BE ADDED IN STAGES TO
KEEP FOOD HOT.



INGREDIENTS:

KIDNEY BEANS (KIDNEY BEANS, SALT) • TOMATO PUREE (TOMATO
PASTE, CITRIC ACID) • INSTANT BROWN RICE • COOKED CHICKEN
(CHICKEN MEAT, SALT)

LESS THAN 2% OF: SEASONING (SPICE, HYDROLYZED SOY
PROTEIN, SAFFLOWER OIL, DEXTROSE, COOKED CHICKEN, SALT,
ONION POWDER, MALTODEXTRIN, FLAVORING [BEEF FAT,
NATURAL FLAVOR], CHICKEN FAT, NONFAT DRY MILK, GARLIC
POWDER, CARAMEL COLOR, SPICE EXTRACTIVE, TURMERIC
EXTRACTIVE) • BLACK OLIVE • GREEN BELL PEPPER • RED BELL
PEPPER • MODIFIED CORN STARCH • DRIED CHICKEN BROTH •
ONION • CHICKEN FAT • CHILI POWDER (CHILI PEPPER, SPICE) •
SUGAR • SPICE • GARLIC POWDER • JALAPEÑO PEPPER POWDER
• RED PEPPER POWDER

CONTAINS: MILK, SOY

NET WT 5.39 OZ (153g)

Nutrition Facts

Serving Size - 1 Pouch (153g)

Amount Per Serving

Calories 650 Calories from Fat 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 1640mg **68%**

Total Carbohydrate 92g **31%**

Dietary Fiber 18g **72%**

Sugars 9g

Protein 36g

Vitamin A 50% • Vitamin C 6%

Calcium 15% • Iron 35%

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calorie diet. Your Daily Values may vary 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
Protein		50g	65g

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ALBANY, OREGON 97321 USA

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F REV. 1510L