

Nutrition Facts Cutouts

Fruits & Nuts

Bananas, raw

Serving size: 1 cup, mashed (225g)

Nutrition Facts	
Serving Size 225 g	
Amount Per Serving	
Calories 200	Calories from Fat 6
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 51g	17%
Dietary Fiber 6g	23%
Sugars 28g	
Protein 2g	
Vitamin A 3%	Vitamin C 33%
Calcium 1%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Apples, raw, with skin [food A343]

Serving size: 1 cup, quartered or chopped

Nutrition Facts	
Serving Size 125 g	
Amount Per Serving	
Calories 65	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	
Protein 0g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Oranges, raw, all com

Serving size: 1 cup, sections (180g)

Nutrition Facts	
Serving Size 180 g	
Amount Per Serving	
Calories 85	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 17g	
Protein 2g	
Vitamin A 8%	Vitamin C 160%
Calcium 7%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Pears, raw [Includes l

Serving size: 1 small (148g)

Nutrition Facts	
Serving Size 148 g	
Amount Per Serving	
Calories 86	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 5g	18%
Sugars 15g	
Protein 1g	
Vitamin A 1%	Vitamin C 10%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nuts, almonds [Includ A256, A264]

Serving size: 1 cup, ground (95g)

Nutrition Facts	
Serving Size 95 g	
Amount Per Serving	
Calories 546	Calories from Fat 393
% Daily Value*	
Total Fat 47g	72%
Saturated Fat 4g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 12g	46%
Sugars 4g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 25%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Seeds, sunflower see salt

Serving size: 1 cup (134g)

Nutrition Facts	
Serving Size 134 g	
Amount Per Serving	
Calories 830	Calories from Fat 637
% Daily Value*	
Total Fat 76g	117%
Saturated Fat 8g	40%
Trans Fat	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 15g	62%
Sugars	
Protein 23g	
Vitamin A 0%	Vitamin C 3%
Calcium 8%	Iron 51%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Nutrition Facts Cutouts

Chips



Ingredients: Whole Corn, Vegetable Oil (Corn, Canola, Soybean and/or Sunflower Oil), Maltodextrin (Made From Corn), Salt, Tomato Powder, Corn Starch, Lactose, Whey, Skim Milk, Corn Syrup Solids, Onion Powder, Sugar, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Dextrose, Malic Acid, Buttermilk, Natural and Artificial Flavors, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Sodium Caseinate, Spice, Citric Acid, Disodium Inosinate, and Disodium Guanylate.
CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz (28g/About 12 chips)

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Calories	150		
Total Fat	8g	12%	
Saturated Fat	1g	5%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	180mg	8%	
Total Carbohydrate	18g	6%	
Dietary Fiber	2g	6%	
Sugars	less than 1g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	0%
Vitamin E	6%	Thiamin	4%
Riboflavin	2%	Vitamin B ₆	4%
Phosphorus	4%	Magnesium	4%

* Percent Daily Values are based on a 2,000 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
Sat 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



Ingredients: Dehydrated Potatoes, Corn Oil, Modified Food Starch, Sugar, Salt, and Less than 1% of the Following: Onion Powder, Soy Lecithin, Dextrose, Leavening (Monocalcium Phosphate and Sodium Bicarbonate), Natural Flavors, Molasses, Fructose, Spices, Partially Hydrogenated Soybean Oil, Torula Yeast, Wheat Starch, Garlic Powder, Malt Extract, Maltodextrin, Extracts of Paprika, Citric Acid, Chicken Fat, Soy Flour, Tomato Paste, Corn Syrup Solids, Yeast Extract, Barley Malt Flour, Lactic Acid, Egg Yolk, and Whey.
CONTAINS EGG, MILK, SOY, AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving		Calories from Fat 30	
		% Daily Value*	
Calories	120		
Total Fat	3g	5%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	210mg	9%	
Potassium	230mg	7%	
Total Carbohydrate	22g	7%	
Dietary Fiber	2g	7%	
Sugars	3g		
Protein	2g		
Vitamin A	0%	Vitamin C	4%
Calcium	2%	Iron	0%
Thiamin	4%	Riboflavin	6%
Niacin	4%	Vitamin B ₆	8%
Phosphorus	6%	Magnesium	4%

* Percent Daily Values are based on a 2,000 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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



Ingredients: Enriched Corn Meal (Corn Meal, Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, and Folic Acid), Corn and/or Sunflower Oil, Whey, Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), and Less than 2% of the Following: Partially Hydrogenated Soybean Oil, Maltodextrin, Disodium Phosphate, Sour Cream (Cultured Cream, Nonfat Milk), Artificial Flavor, Monosodium Glutamate, Lactic Acid, Artificial Colors (Including Yellow 6), and Citric Acid.
CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 oz.

Amount Per Serving		Calories from Fat 90	
		% Daily Value*	
Calories	160		
Total Fat	10g	15%	
Saturated Fat	2g	10%	
Trans Fat	0g		
Cholesterol	less than 5mg	1%	
Sodium	290mg	12%	
Total Carbohydrate	15g	5%	
Dietary Fiber	less than 1g	2%	
Sugars	1g		
Protein	2g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%
Vitamin E	6%	Thiamin	4%
Riboflavin	4%	Niacin	4%
Phosphorus	2%		

* Percent Daily Values are based on a 2,000 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
Sat 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



Ingredients: Potatoes, Vegetable Oil (Sunflower, Corn, and/or Canola Oil), BBQ Seasoning (Sugar, Salt, Corn Sugar, Malted Barley Flour, Onion Powder, Yeast, Molasses, Spices, Garlic Powder, Natural Flavors, Paprika, Tomato Powder, Corn Starch, Yeast Extract, and Paprika Extracts).

Nutrition Facts

Serving Size 1 oz. (28g/About 15 chips)

Amount Per Serving		Calories from Fat 90	
		% Daily Value*	
Calories	160		
Total Fat	10g	15%	
Saturated Fat	1g	6%	
Trans Fat	0g		
Polyunsaturated Fat	2.5g		
Monounsaturated Fat	5g		
Cholesterol	0mg	0%	
Sodium	150mg	7%	
Potassium	360mg	10%	
Total Carbohydrate	15g	5%	
Dietary Fiber	1g	5%	
Sugars	2g		
Protein	2g		
Vitamin A	0%	Vitamin C	10%
Calcium	0%	Iron	2%
Vitamin E	6%	Magnesium	2%

* Percent Daily Values are based on a 2,000 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

Nutrition Facts Cutouts

Other Snacks



Nutrition Facts	
Serving Size: 1 (1 pastry, 50 grams)	
Amount Per Serving	
Calories	200
Calories from Fat	45
% Daily Value*	
Total Fat	5g 8%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	260mg 11%
Total Carbohydrate	35g 12%
Dietary Fiber	0g 0%
Sugars	19g
Protein	2g 4%
Calcium	
* Percent Daily Values are based on a 2,000 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
Sat 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

Snickerdoodle

Galleta de Azúcar con Canela

MARGARINE (PALM OIL, SOYBEAN OIL, WATER, SALT, MONO DIUM BENZOATE, CITRIC ACID, NATURAL AND ARTIFICIAL TA CAROTENE, WHEY), CINNAMON SUGAR MIX (SUGAR, ON), WHOLE EGGS, FRUCTOSE, CONTAINS 2% OR LESS OF: TER FLAVOR, SOY LECITHIN, XANTHAN GUM, SALT, BAKING DE POWDER.

DO NOT EAT RAW COOKIE DOUGH. PRODUCT CODE 60013

DIRECTIONS:
 Bake in preheated oven at 350°F and convection ovens to 325°F, 12-14 inches apart on an ungreased cookie pan.

Bake for 11 - 14 minutes. Oven temperatures may vary. Watch for excessive moisture on the surface of the cookies. Do not over bake. Allow to cool for 15 minutes before removing from pan.

U-D
Product of USA

0 86478 60013 3

Nutrition Facts	
Serving Size: 1 Baked Cookie 1.25 oz (35g)	
Servings Per Container: 32	
Amount Per Serving	
Calories	150
Calories from Fat	45
% Daily Value*	
Total Fat	5g 8%
Saturated Fat	2g 10%
Trans Fat	0g
Cholesterol	10mg 3%
Sodium	140mg 6%
Total Carbohydrate	23g 8%
Dietary Fiber	0g 0%
Sugars	11g
Protein	1g
Vitamin A	4%
Vitamin C	0%
Calcium	0%
Iron	2%
*Percent Daily Values are based on a 2,000 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
Sat 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

NET WT
2.5 LBS (1.135 kg)



Nutrition Facts	
Serving Size 1 container	
Amount Per Serving	
Calories	90
Calories from Fat	0
% Daily Value*	
Total Fat	0g 0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	< 5mg 1%
Sodium	80mg 3%
Total Carbohydrate	16g 5%
Sugars	10g
Protein	5g 10%
Vitamin A	15%
Calcium	20%
Vitamin D	20%
Phosphorus	10%
Not a significant source of dietary fiber, vitamin C and iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Ingredients: Cultured Pasteurized Grade A Nonfat Milk, Raspberries, Modified Corn Starch, Sugar, Kosher Gelatin, Citric Acid, Natural Flavor, Tricalcium Phosphate, Aspartame*, Potassium Sorbate Added to Maintain Freshness, Acesulfame Potassium, Red #40, Vitamin A Acetate, Vitamin D₃.

DIST. BY YOPLAIT USA, INC., BOX 200 YC, MPLS, MN 55440 USA

*PHENYLKETONURICS: CONTAINS PHENYLALANINE WITH ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS

Yoplait is a registered trademark of YOPLAIT MARQUES (France) used under license.

WEIGHT WATCHERS for services and Points® are the registered trademarks of Weight Watchers International, Inc. and are used under license. To learn more visit WeightWatchers.com or call 1 (800) 470-1199.

**Nestlé National Yogurt Association Certified for Live and Active Culture Yogurt

YOPLAIT LIGHT: 90 CALORIES; 0g FAT. LEADING LOW FAT YOGURT: 170 CALORIES; 2g FAT PER 6 OZ

