

## FREEZE DRIED SLICED STRAWBERRIES

(1 pouch)

### Nutrition Facts

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

| Amount Per Serving |                            |
|--------------------|----------------------------|
| <b>Calories 15</b> | <b>Calories from Fat 0</b> |
| % Daily Value*     |                            |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 0g</b> | <b>0%</b> |
| Saturated Fat 0g    | <b>0%</b> |
| Trans Fat 0g        |           |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **0%**

**Total Carbohydrate 2g**      **1%**

  Dietary Fiber 1g            **4%**

  Sugars 2g

**Protein 0g**

Vitamin A    0%    •    Vitamin C    45%

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     |
| 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

## BANANA CHIPS

(1 pouch)

### Nutrition Facts

Serving Size: 1/2 Cup (33g) Dry  
Servings Per Container: 8

| Amount Per Serving  |                              |
|---------------------|------------------------------|
| <b>Calories 170</b> | <b>Calories from Fat 100</b> |
| % Daily Value*      |                              |

|                      |            |
|----------------------|------------|
| <b>Total Fat 11g</b> | <b>17%</b> |
| Saturated Fat 10g    | <b>50%</b> |
| Trans Fat 0g         |            |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **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%

\*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     |
| 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

## FREEZE DRIED APPLE DICES

(1 pouch)

### Nutrition Facts

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

| Amount Per Serving |                            |
|--------------------|----------------------------|
| <b>Calories 20</b> | <b>Calories from Fat 0</b> |
| % Daily Value*     |                            |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 0g</b> | <b>0%</b> |
| Saturated Fat 0g    | <b>0%</b> |
| Trans Fat 0g        |           |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **0%**

**Total Carbohydrate 6g**      **2%**

  Dietary Fiber 1g            **4%**

  Sugars 4g

**Protein 0g**

Vitamin A    0%    •    Vitamin C    2%

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.

|                    | 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

## FREEZE DRIED WHOLE RASPBERRIES

(1 pouch)

### Nutrition Facts

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

| Amount Per Serving |                            |
|--------------------|----------------------------|
| <b>Calories 20</b> | <b>Calories from Fat 0</b> |
| % Daily Value*     |                            |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 0g</b> | <b>0%</b> |
| Saturated Fat 0g    | <b>0%</b> |
| Trans Fat 0g        |           |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **0%**

**Total Carbohydrate 4g**      **1%**

  Dietary Fiber 2g            **8%**

  Sugars 2g

**Protein 0g**

Vitamin A    0%    •    Vitamin C    10%

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     |
| 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:

Sliced freeze-dried strawberries.

## INGREDIENTS:

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

## INGREDIENTS:

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

## INGREDIENTS:

Freeze dried raspberries.

## FREEZE DRIED WHOLE BLUEBERRIES

(1 pouch)

### Nutrition Facts

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

| Amount Per Serving |                            |
|--------------------|----------------------------|
| <b>Calories 20</b> | <b>Calories from Fat 0</b> |
| % Daily Value*     |                            |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 0g</b> | <b>0%</b> |
| Saturated Fat 0g    | <b>0%</b> |
| Trans Fat 0g        |           |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **0%**

**Total Carbohydrate 6g**      **2%**

  Dietary Fiber 1g            **4%**

  Sugars 4g

**Protein 0g**

Vitamin A    0%    •    Vitamin C    2%

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     |
| 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

## SPIFF-E-WHIP

(1 can)

### Nutrition Facts

Serving Size: 1 Tsp (5g) Dry  
Servings Per Container: 113

| Amount Per Serving |                             |
|--------------------|-----------------------------|
| <b>Calories 25</b> | <b>Calories from Fat 10</b> |
| % Daily Value*     |                             |

|                     |           |
|---------------------|-----------|
| <b>Total Fat 1g</b> | <b>2%</b> |
| Saturated Fat 1g    | <b>5%</b> |
| Trans Fat 0g        |           |

**Cholesterol 0mg**      **0%**

**Sodium 0mg**            **0%**

**Total Carbohydrate 3g**      **1%**

  Dietary Fiber 0g            **0%**

  Sugars 3g

**Protein 0g**

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.

|                    | 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 blueberries.

## INGREDIENTS:

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).

Contains allergens: Milk.