

## SAMPLE, Fruit Salad

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

Item Name	Item Quantity	Item Measure	Cals (kcal)	Prot (g)	Carb (g)	Sugar (g)	Fiber (g)	Ocarb (g)	Fat-T (g)	Fat-S (g)
<b>SAMPLE, Fruit Salad</b>			153.46	1.96	19.68	14.85	2.29	2.54	8.63	3.55
Grapes, Thompson seedless, fresh	0.13	cup	13.80	0.14	3.62	3.10	0.18	0.34	0.03	0.01
Nuts, walnuts, English, dried, chpd	0.06	cup	49.05	1.14	1.03	0.20	0.50	0.33	4.89	0.46
Peaches, fresh, sliced, w/o skin	0.13	cup	8.29	0.19	2.03	1.71	0.32	0.00	0.05	0.00
Banana, fresh, med, 7" to 7 7/8" long	0.13	ea	13.13	0.16	3.37	1.80	0.38	1.18	0.05	0.02
Pears, halves, w/juice, cnd, not drained	0.13	cup	15.50	0.11	4.01	3.01	0.50	0.51	0.02	0.00
Apples, fresh, med, 2 3/4"	0.13	ea	8.97	0.04	2.38	1.79	0.41	0.18	0.03	0.00
Topping, whipped, semi-solid, fzn	0.19	cup	44.72	0.18	3.24	3.24	0.00	0.00	3.56	3.06

Item Name	Fat-M (g)	Fat-P (g)	Chol (mg)	A-RAE (mcg)	D-mcg (mcg)	E-AlphaT p (mg)	Vit K (mcg)	Vit C (mg)	B1 (mg)	B2 (mg)
<b>SAMPLE, Fruit Salad</b>	0.91	3.66	0.00	6.10	0.00	0.44	5.10	6.23	0.05	0.04
Grapes, Thompson seedless, fresh	0.00	0.01	0.00	0.60	--	0.04	2.92	2.16	0.01	0.01
Nuts, walnuts, English, dried, chpd	0.67	3.54	0.00	0.07	--	0.05	0.20	0.10	0.03	0.01
Peaches, fresh, sliced, w/o skin	0.01	0.02	0.00	3.40	--	0.16	0.55	1.40	0.01	0.01
Banana, fresh, med, 7" to 7 7/8" long	0.00	0.01	0.00	0.44	--	0.01	0.07	1.28	0.00	0.01
Pears, halves, w/juice, cnd, not drained	0.00	0.00	0.00	0.09	--	0.02	0.09	0.50	0.00	0.00
Apples, fresh, med, 2 3/4"	0.00	0.01	0.00	0.52	--	0.03	0.38	0.79	0.00	0.00
Topping, whipped, semi-solid, fzn	0.23	0.07	0.00	0.98	--	0.13	0.89	0.00	0.00	0.00

# SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Preparation Time: 30 minutes

Cook Time: 0

Cook Temperature:

Pan Size:

Cook Method:

Amount	Measure	Ingredient
1.00	cup	Grapes, Thompson seedless, fresh
1/2	cup	Nuts, walnuts, English, dried, chpd
1.00	cup	Peaches, fresh, sliced, w/o skin
1.00	ea	Banana, fresh, med, 7" to 7 7/8" long
1.00	cup	Pears, halves, w/juice, cnd, not drained
1.00	ea	Apples, fresh, med, 2 3/4"
1.50	cup	Topping, whipped, semi-solid, fzn

## Nutrients per serving

### Nutrition Facts

Serving Size (126g)  
Servings Per Container

Amount Per Serving

Calories 0      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 3.5g      18%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 5mg      0%

Total Carbohydrate 20g      7%

Dietary Fiber 2g      8%

Sugars 0g

Protein 2g

Vitamin A 2%      • Vitamin C 10%

Calcium 2%      • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

## Instructions

Mix ingredients in large bowl.

## Notes

Combine fruit and nuts. Stir in frozen dessert topping just before serving.

# SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

## Nutrition Facts

Serving Size (126g)  
Servings Per Container

Amount Per Serving

**Calories 0**      Calories from Fat 0

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 3.5g      **18%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 5mg**      **0%**

**Total Carbohydrate 20g**      **7%**

Dietary Fiber 2g      **8%**

Sugars 0g

**Protein 2g**

Vitamin A 2%      • Vitamin C 10%

Calcium 2%      • 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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

### Notes:

Combine fruit and nuts. Stir in frozen dessert topping just before serving.

# SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

<i>Nutrient</i>	<i>Value</i>
Gram Weight (g)	125.81
Calories (kcal)	0
Calories from Fat (kcal)	0
Calories from SatFat (kcal)	32.04
Protein (g)	1.97
Carbohydrates (g)	19.68
Dietary Fiber (g)	2.29
Soluble Fiber (g)	0.35
Total Sugars (g)	0
Monosaccharides (g)	6.69
Disaccharides (g)	1.91
Other Carbs (g)	2.54
Fat (g)	0
Saturated Fat (g)	3.56
Mono Fat (g)	0.92
Poly Fat (g)	3.66
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	94.97
Vitamin A - IU (IU)	124.70
Vitamin A - RE (mcg)	12.22
Vitamin A - RAE (mcg)	6.11
Vitamin A - Carotenoid RE (mcg)	12.22
Vitamin A - Retinol RE (mcg)	0
Beta-Carotene (mcg)	64.64
Vitamin B1 - Thiamin (mg)	0.06
Vitamin B2 - Riboflavin (mg)	0.05
Vitamin B3 - Niacin (mg)	0.47
Niacin Equivalent (mg)	0.81
Vitamin B6 (mg)	0.13
Vitamin B12 (mcg)	0
Biotin (mcg)	2.19
Vitamin C (mg)	6.23
Vitamin D - IU (IU)	
Vitamin D - mcg (mcg)	
Vitamin E - Alpha-Toco (mg)	0.45
Folate (mcg)	12.38
Folate, DFE (mcg)	12.38
Vitamin K (mcg)	5.11
Pantothenic Acid (mg)	0.15
Calcium (mg)	16.03
Chromium (mcg)	0.32
Copper (mg)	0.20
Fluoride (mg)	
Iodine (mcg)	2.69
Iron (mg)	0.51
Magnesium (mg)	22.46
Manganese (mg)	0.35

<i>Nutrient</i>	<i>Value</i>
Molybdenum (mcg)	2.21
Phosphorus (mg)	44.19
Potassium (mg)	215.20
Selenium (mcg)	0.85
Sodium (mg)	5.63
Zinc (mg)	0.34
Omega 3 Fatty Acid (g)	0.72
Omega 6 Fatty Acid (g)	2.94
Alcohol (g)	0
Caffeine (mg)	0
Choline (mg)	7.37
Acetic Acid (g)	0.00
Alanine (g)	0.08
Alpha Carotene (mcg)	3.89
Arginine (g)	0.21
Artificial Sweetener (mg)	0
Ash (g)	0.56
Aspartame (mg)	0
Aspartate (g)	0.29
Beta Carotene Equiv (mcg)	74.65
Boron (mcg)	249.65
Calories from TransFat (kcal)	0
Chloride (mg)	25.63
Citric Acid (g)	0.06
Cost	
Cryptoxanthin (mcg)	16.13
Cystine (g)	0.02
Exchange - Fat	1.46
Exchange - Fruit	1.00
Exchange - Meat	0.13
Exchange - Milk	
Glucose (g)	4.02
Glutamate (g)	0.30
Glycemic Index	44.66
Glycemic Load	6.08
Glycerol (g)	0
Glycine (g)	0.08
Histidine (g)	0.05
Inositol (g)	0
Insoluble Fiber (g)	1.07
Isoleucine (g)	0.07
Kilojoules (kj)	0
Lactic Acid (g)	0
Lactose (g)	0
Leucine (g)	0.13
Lutein & Zeaxanthin (mcg)	53.20
Lycopene (mcg)	0
Lysine (g)	0.07

## SAMPLE, Fruit Salad

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

<i><b>Nutrient</b></i>	<i><b>Value</b></i>
Calories (kcal)	0
Protein (g)	1.97
Carbohydrates (g)	19.68
Total Sugars (g)	0
Dietary Fiber (g)	2.29
Other Carbs (g)	2.54
Fat (g)	0
Saturated Fat (g)	3.56
Mono Fat (g)	0.92
Poly Fat (g)	3.66
Cholesterol (mg)	0
Vitamin A - RAE (mcg)	6.11
Vitamin D - mcg (mcg)	
Vitamin E - Alpha-Toco (mg)	0.45
Vitamin K (mcg)	5.11
Vitamin C (mg)	6.23
Vitamin B1 - Thiamin (mg)	0.06
Vitamin B2 - Riboflavin (mg)	0.05
Niacin Equivalent (mg)	0.81
Vitamin B6 (mg)	0.13
Folate, DFE (mcg)	12.38
Vitamin B12 (mcg)	0
Pantothenic Acid (mg)	0.15
Biotin (mcg)	2.19
Choline (mg)	7.37
Calcium (mg)	16.03
Phosphorus (mg)	44.19
Magnesium (mg)	22.46
Iron (mg)	0.51
Zinc (mg)	0.34
Fluoride (mg)	
Manganese (mg)	0.35
Iodine (mcg)	2.69
Selenium (mcg)	0.85
Copper (mg)	0.20
Chromium (mcg)	0.32
Molybdenum (mcg)	2.21
Chloride (mg)	25.63
Sodium (mg)	5.63
Potassium (mg)	215.20
Water (g)	94.97
Vitamin A - IU (IU)	124.70
Vitamin A - RE (mcg)	12.22
Vitamin A - Retinol RE (mcg)	0
Vitamin A - Carotenoid RE (mcg)	12.22

# SAMPLE, Fruit Salad

Number of Servings: 8 (125.81 g per serving)

Weight: 1006.5 g

Nutrients	Value	Rcmd	% Rcmd	25	50	75	100%
Gram Weight (g)	125.81						
Calories (kcal)	0						
Calories from Fat (kcal)	0						
Calories from SatFat (kcal)	32.04						
Protein (g)	1.97	50.00	3.93%				
Carbohydrates (g)	19.68	300.00	6.56%				
Dietary Fiber (g)	2.29	25.00	9.17%				
Soluble Fiber (g)	0.35						
Total Sugars (g)	0						
Monosaccharides (g)	6.69						
Disaccharides (g)	1.91						
Other Carbs (g)	2.54						
Fat (g)	0	65.00	0%				
Saturated Fat (g)	3.56	20.00	17.80%				
Mono Fat (g)	0.92						
Poly Fat (g)	3.66						
Trans Fatty Acid (g)	0						
Cholesterol (mg)	0	300.00	0%				
Water (g)	94.97						
Vitamin A - IU (IU)	124.70	5000.00	2.49%				
Vitamin A - RE (mcg)	12.22						
Vitamin A - RAE (mcg)	6.11						
Vitamin A - Carotenoid RE (mcg)	12.22						
Vitamin A - Retinol RE (mcg)	0						
Beta-Carotene (mcg)	64.64						
Vitamin B1 - Thiamin (mg)	0.06	1.50	3.69%				
Vitamin B2 - Riboflavin (mg)	0.05	1.70	2.97%				
Vitamin B3 - Niacin (mg)	0.47	20.00	2.35%				
Niacin Equivalents (mg)	0.81						
Vitamin B6 (mg)	0.13	2.00	6.42%				
Vitamin B12 (mcg)	0	6.00	0%				
Biotin (mcg)	2.19	300.00	0.73%				
Vitamin C (mg)	6.23	60.00	10.39%				
Vitamin D - IU (IU)		400.00					
Vitamin D - mcg (mcg)							
Vitamin E - Alpha-Toco (mg)	0.45						
Folate (mcg)	12.38	400.00	3.09%				
Folate, DFE (mcg)	12.38						
Vitamin K (mcg)	5.11	80.00	6.38%				
Pantothenic Acid (mg)	0.15	10.00	1.52%				
Calcium (mg)	16.03	1000.00	1.60%				
Chromium (mcg)	0.32	120.00	0.26%				

## Fruit Salad3

Number of Servings: 8.39 (120 g per serving)

Weight: 1006.5 g

8.98 Pounds per Gallon

5.30 Grams per Teaspoon

15.91 Grams per Tablespoon

31.82 Grams per Fluid Ounce

127.26 Grams per 1/2 Cup

254.53 Grams per Cup

**Fat:** 5.00

**Water:** 90.59

**Total Weight:** 120.00

*Based on:*

$lbs/gal = 8.33585 / (1.07527 (Fat) + 0.6329(TS - Fat) + Water)$

$TS = Total Solids = Total Weight - Water$

## Fruit Salad Test

Number of Servings: 1 (125.81 g per serving)

Weight: 125.81 g

Amino Acid	Actual Ratio	Ideal Ratio	=	Score	25	50	75	100%
Histidine	25.38	÷ 18	=	141%				
Isoleucine	35.53	÷ 25	=	142%				
Leucine	65.99	÷ 55	=	119%				
Lysine	35.53	÷ 51	=	69%				
Methionine + Cystine	25.38	÷ 25	=	101%				
Phenylalanine + Tyrosine	65.99	÷ 47	=	140%				
Threonine	35.53	÷ 27	=	131%				
Tryptophan	10.15	÷ 7	=	145%				
Valine	45.69	÷ 32	=	142%				



Recipe: Adaptable Spinach Bake

Adaptable Spinach Bake

Number of Servings: 5.0 (158.793 g per serving)

Weight: 793.9651 g

Item Name	Quantity	Measure	ESHA Code
Cheese, Swiss, shredded	1	Cup	1027
Salt, table	1/2	Teaspoon	26014
Spinach, fzn	10	Ounce-weight	1830
Sauce, worcestershire	1/2	Teaspoon	53099
Thyme, ground	1/2	Teaspoon	26033
Milk, 2%, w/add vit A & D	1/3	Cup	218
Butter, salted, cup	2	Tablespoon	8000
Rice, white, med grain, c...	1	Cup	38097
Nutmeg, ground	1/8	Teaspoon	26026
Eggs, whole, raw, lrg, ea	2	Each	19501

Nutrients

Gram Weight	33 g	*Saturated Fat	32 g	Biotin	44 mcg	Iron	32 mg
Cost		Mono Fat	23 g	Vitamin C	18 mg	Magnesium	32 mg
Calories	35 kcal	Poly Fat	39 g	Vitamin D - IU	27 IU	Manganese	13 mg
Calories from F	53 kcal	Trans Fatty Aci	0 g	Vitamin D - mcg	57 mcg	Molybdenum	36 mcg
*Calories from S	38 kcal	Cholesterol	33 mg	Vitamin E - Alpi	31 mg	Phosphorus	55 mg
Protein	43 g	Vitamin A - IU	14 IU	Folate	73 mcg	Potassium	44 mg
Carbohydrates	42 g	Vitamin A - RAI	44 mcg	Folate, DFE	73 mcg	Selenium	95 mcg
*Dietary Fiber	32 g	Vitamin A - Car	35 mcg	Vitamin K	59 mcg	Sodium	59 mg
*Soluble Fiber	32 g	Vitamin B1 - Th	12 mg	Pantothenic Ac	32 mg	Zinc	55 mg
Total Sugars	72 g	Vitamin B2 - Ri	72 mg	Calcium	79 mg	Omega 3 Fatty	52 g
Monosaccharid	35 g	Vitamin B3 - Ni	44 mg	Chromium	mcg	Omega 6 Fatty	36 g
Disaccharides	77 g	Niacin Equivale	51 mg	Copper	31 mg		
Other Carbs	27 g	Vitamin B6	15 mg	Fluoride	mg		
Fat	79 g	Vitamin B12	36 mcg	Iodine	28 mcg		

Notes

\* The nutrient value is overridden.

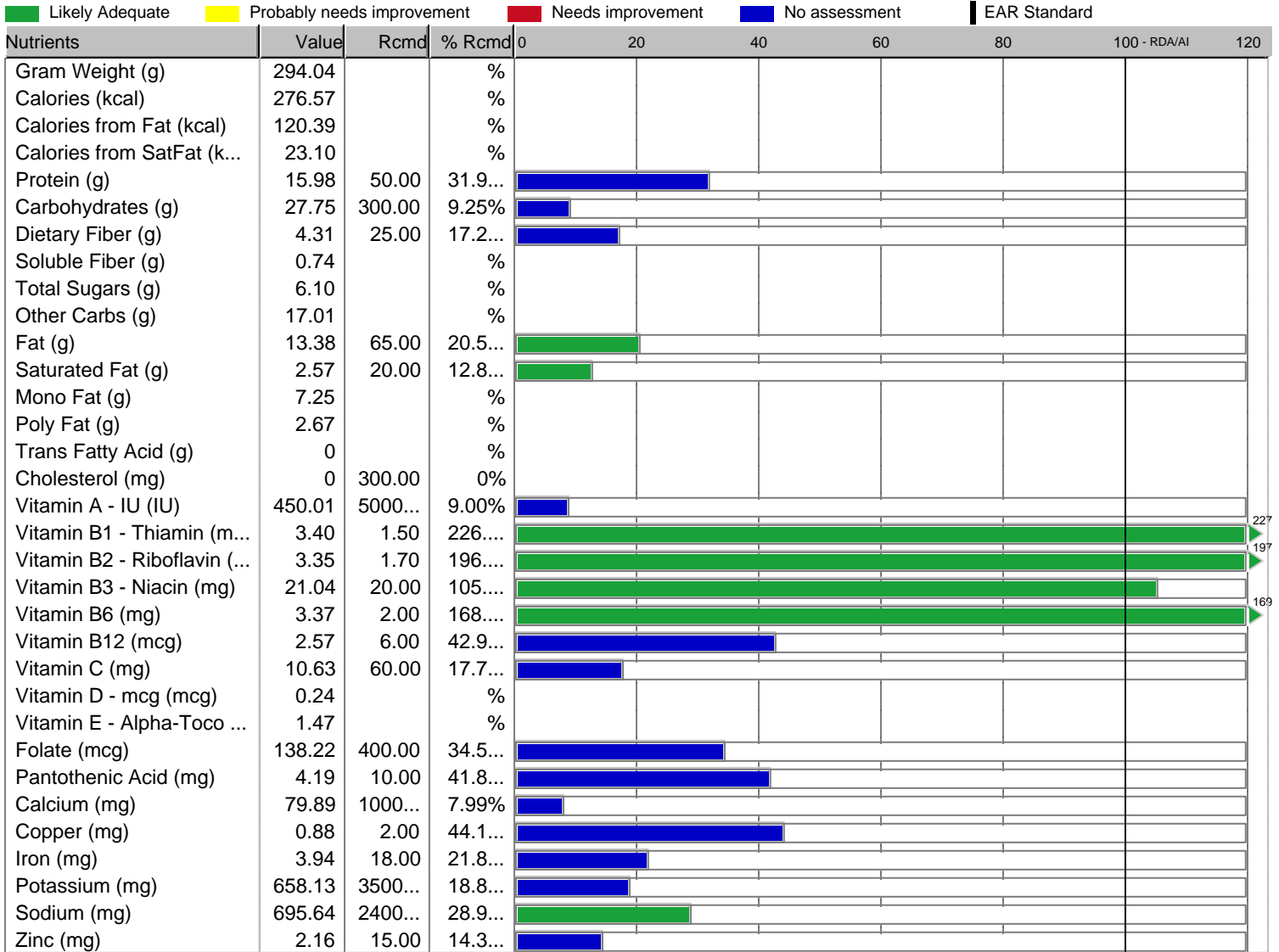
Spreadsheet: Adaptable Spinach Bake

Item Name	Quantity	Measure	Wgt(g)	Cost	Cals(kcal)	Cals From Fat(kcal)
<b>Adaptable Spinach Bake</b>						
Cheese, Swiss, shredded	0.2	Cup	21.6	--	82.08	54.0432
Salt, table	0.1	Teaspoon	0.6	--	0	0
Spinach, fzn	2	Ounce-weight	56.698	--	13.33286	0
Sauce, worcestershire	0.1	Teaspoon	0.56667	--	0.37967	0
Thyme, ground	0.1	Teaspoon	0.14	--	0.3864	0.09362
Milk, 2%, w/add vit A & D	0.06667	Cup	16.33333	--	8.66667	3.0
Butter, salted, cup	0.4	Tablespoon	5.6	--	40.152	40.152
Rice, white, med grain, c...	0.2	Cup	37.2	--	48.36	0.738
Nutmeg, ground	0.025	Teaspoon	0.055	--	0.28875	0.17973
Eggs, whole, raw, lrg, ea	0.4	Each	20.0	--	29.4	17.892
<b>Total</b>			158.793	--	223.04635	116.06363

Item Name	Cals Sat Fat(kcal)	Prot(g)	Carb(g)	Fiber(g)	Fib-S(g)	Sugar(g)	MoSac(g)	DiSac(g)
<b>Adaptable Spinach Bake</b>								
Cheese, Swiss, shredded	34.56238	5.81688	1.1628	0	0	0.28512	0.1519	0.17993
Salt, table	0	0	0	0	0	0	0	0
Spinach, fzn	0	1.33329	1.99993	1.33329	--	0.66664	--	--
Sauce, worcestershire	0	0	0.1127	0	0	0.05684	--	--
Thyme, ground	0.0344	0.01275	0.08952	0.0518	--	0.0239	--	--
Milk, 2%, w/add vit A & D	1.8	0.53333	0.86667	0	0	0.8	--	--
Butter, salted, cup	20.58386	0.0476	0.0336	0	0	0.0336	--	--
Rice, white, med grain, c...	0.1984	0.88536	10.63548	0.1116	0.0372	0.186	--	--
Nutmeg, ground	0.1284	0.0321	0.02711	0.01144	--	0.01567	--	--
Eggs, whole, raw, lrg, ea	5.5782	2.516	0.154	0	0	0.154	0.08716	0.06684
<b>Total</b>	<b>2.88</b>	11.14843	15.04842	<b>0.32</b>	<b>0.32</b>	2.172	0.19235	0.24677

Item Name	OCarb(g)	Fat-T(g)	Fat-S(g)	Fat-M(g)	Fat-P(g)	TFA(g)	Chol(mg)	H2O(g)
<b>Adaptable Spinach Bake</b>								
Cheese, Swiss, shredded	0.87696	6.048	3.8426	1.57118	0.2995	--	19.872	8.01792
Salt, table	0	0	0	0	0	0	0	0.012
Spinach, fzn	0	0	0	0	0	0	0	52.72348
Sauce, worcestershire	0.05344	0	0	0	0	0	0	0.4456
Thyme, ground	0.03532	0.014	0.0382	0.066	0.0167	0	0	0.0191
Milk, 2%, w/add vit A & D	0.06667	0.33333	0.2	--	--	--	1.33333	--
Butter, salted, cup	0	4.54216	2.2871	1.86743	0.1655	--	12.04	0.88872
Rice, white, med grain, c...	10.33788	0.07812	0.0212	0.02418	0.0283	0	0	25.52292
Nutmeg, ground	0	0.01997	0.01427	0.0177	0.019	0	0	0.0343
Eggs, whole, raw, lrg, ea	0	1.988	0.6198	0.762	0.2728	--	84.6	15.168
<b>Total</b>	11.3727	12.97679	<b>0.32</b>	4.22723	0.66599	0	117.84533	102.78163

### Bar Graph - RDA/AI: Cheese and Cashew Lasagna



Single Nutrient: Adaptable Spinach Bake

Item Name	Quantity	Measure	Cals(kcal)	Percent	0	25	50	75	100
Adaptable Spinach Bake	1	Serving	223.04635	100%					
Cheese, Swiss, shredded	0.2	Cup	82.08	37%					
Rice, white, med grain, ckd	0.2	Cup	48.36	22%					
Butter, salted, cup	0.4	Tablesp...	40.152	18%					
Eggs, whole, raw, lrg, ea	0.4	Each	29.4	13%					
Spinach, fzn	2	Ounce-w...	13.33286	6%					
Milk, 2%, w/add vit A & D	0.06667	Cup	8.66667	4%					
Thyme, ground	0.1	Teaspoon	0.3864	0%					
Sauce, worcestershire	0.1	Teaspoon	0.37967	0%					
Nutmeg, ground	0.025	Teaspoon	0.28875	0%					
Salt, table	0.1	Teaspoon	0	0%					

# Cheese and Cashew Lasagna

<b>Nutrition Facts</b>			
Serving Size (294g)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 280</b>		Calories from Fat 120	
<b>% Daily Value*</b>			
<b>Total Fat</b> 13g			<b>21%</b>
Saturated Fat 2.5g			<b>13%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 700mg			<b>29%</b>
<b>Total Carbohydrate</b> 28g			<b>9%</b>
Dietary Fiber 4g			<b>17%</b>
Sugars 6g			
<b>Protein</b> 16g			
Vitamin A 10% • Vitamin C 20%			
Calcium 8% • 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:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
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:** Tofu, Tomato Sauce, water, Cashews, Tomatoes, Celery, Mushrooms, Pasta, lasagna, semolina, extra wide, dry, Lemon Juice, Onion, Yeast, nutritional, flakes, Vegetarian Stock, Soy Sauce, Onion Powder, Salt, Celery Seeds, Garlic Powder, Oregano, Basil, Pepper, black.

Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Treenuts, Wheat.

## Bilingual Label

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (126 g) / Portion (126 g)	
Servings Per Container	
Portions par contenant	
Amount	% Daily Value*
Teneur	% valeur quotidienne*
<b>Calories / Calories 150</b>	
<b>Fat / Lipides 9 g</b>	<b>14 %</b>
Saturated / saturés 3.5 g	<b>18 %</b>
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 0 mg</b>	<b>0 %</b>
<b>Sodium / Sodium 5 mg</b>	<b>0 %</b>
<b>Carbohydrate / Glucides 20 g</b>	<b>7 %</b>
Fibre / Fibres 2 g	<b>8 %</b>
Sugars / Sucres 15 g	
<b>Protein / Protéines 2 g</b>	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	10 %
Calcium / Calcium	2 %
Iron / Fer	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 65 g 80 g
Saturated + Trans	Less Than 20 g 25 g
Cholesterol	Less Than 300 mg 300 mg
Sodium	Less Than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fibre	25 g 30 g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
*Pourcentage de la valeur quotidienne selon un régime alimentaire de 2 000 calories. Vos valeurs quotidiennes personnelles peuvent être plus ou moins élevées selon vos besoins énergétiques :	
	Calories 2 000 2 500
Lipides	moins de 65 g 80 g
saturés + trans	moins de 20 g 25 g
Cholestérol	moins de 300 mg 300 mg
Sodium	moins de 2 400 mg 2 400 mg
Glucides	300 g 375 g
Fibres alimentaires	25 g 30 g
Calories par gramme :	
Lipides 9	Glucides 4 Protéines 4

**INGREDIENTS:** Pears, Peaches, Grapes, Apples, Banana, Topping, Walnuts.

**INGRÉDIENTS:** poires, pêches, raisins, pommes, banane, écriimage, noix

Contains Milk, Soy, Treenuts.

Contient Lait, Soja, Noix.



## Dual Declaration

# Nutrition Facts

Serving Size 1 cup (88g)

Servings Per Container

Amount Per Serving	Cereal	Cereal w milk
<b>Calories</b>	250	290
Calories from Fat	15	25
<b>% Daily Value**</b>		
<b>Total Fat 2g*</b>	<b>3%</b>	<b>4%</b>
Saturated Fat 0g	0%	5%
Trans Fat --g		
<b>Cholesterol 0mg</b>	<b>0%</b>	<b>2%</b>
<b>Sodium 370mg</b>	<b>15%</b>	<b>17%</b>
<b>Total Carbohydrate 69g</b>	<b>23%</b>	<b>24%</b>
Dietary Fiber 25g	100%	100%
Sugars 21g		
<b>Protein 11g</b>		
Vitamin A	45%	50%
Vitamin C	0%	0%
Calcium	6%	15%
Iron	140%	140%

\*Amount in Cereal. Cereal w/milk contributes an additional 40 Calories (10 Calories from Fat), 0.5 g Total Fat (1 g Saturated Fat), 5 mg Cholesterol, 40 mg Sodium, 4 g Total Carbohydrate (4 g Sugars), 3 g Protein.

\*\*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	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



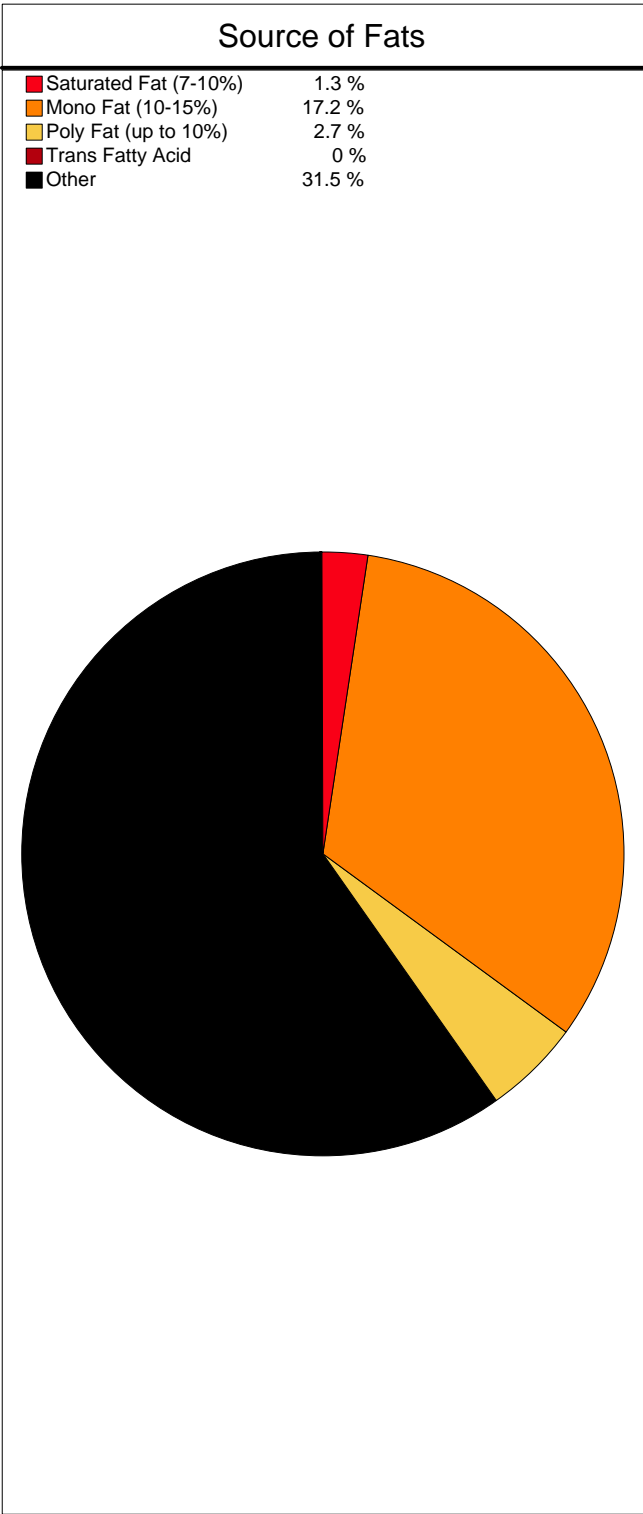
# Aggregate

<b>Nutrition Facts</b>		Cereal 1		Cereal 2		Cereal 3	
		1 cup 1		1 cup 1		1 cup 1	
<b>Serving Size</b>							
<b>Servings Per Container</b>							
<b>Amount Per Serving</b>							
<b>Calories</b>		480		150		120	
Calories from Fat		180		10		5	
		% Daily Value*		% Daily Value*		% Daily Value*	
<b>Total Fat</b>		20g	<b>31%</b>	1.5g	<b>2%</b>	1g	<b>2%</b>
Saturated Fat		15g	<b>75%</b>	0g	<b>0%</b>	0g	<b>0%</b>
Trans Fat		--g		--g		--g	
<b>Cholesterol</b>		0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>
<b>Sodium</b>		50mg	<b>2%</b>	360mg	<b>15%</b>	210mg	<b>9%</b>
<b>Total Carbohydrate</b>		70g	<b>23%</b>	31g	<b>10%</b>	27g	<b>9%</b>
Dietary Fiber		7g	<b>28%</b>	3g	<b>12%</b>	0g	<b>0%</b>
Sugars		--g		--g		14g	
<b>Protein</b>		11g		4g		1g	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		Vitamin A	2%	Vitamin A	60%	Vitamin A	0%
Calories 2,000 2,500		Vitamin C	2%	Vitamin C	60%	Vitamin C	10%
Total Fat	Less Than	65g		80g			
Saturated Fat	Less Than	20g		25g			
Cholesterol	Less Than	300mg		300 mg			
Sodium	Less Than	2,400mg		2,400mg			
Total Carbohydrate		300g		375g			
Dietary Fiber		25g		30g			
Calories per gram:		Calcium	15%	Calcium	6%	Calcium	2%
Fat 9 • Carbohydrate 4 • Protein 4		Iron	15%	Iron	60%	Iron	25%

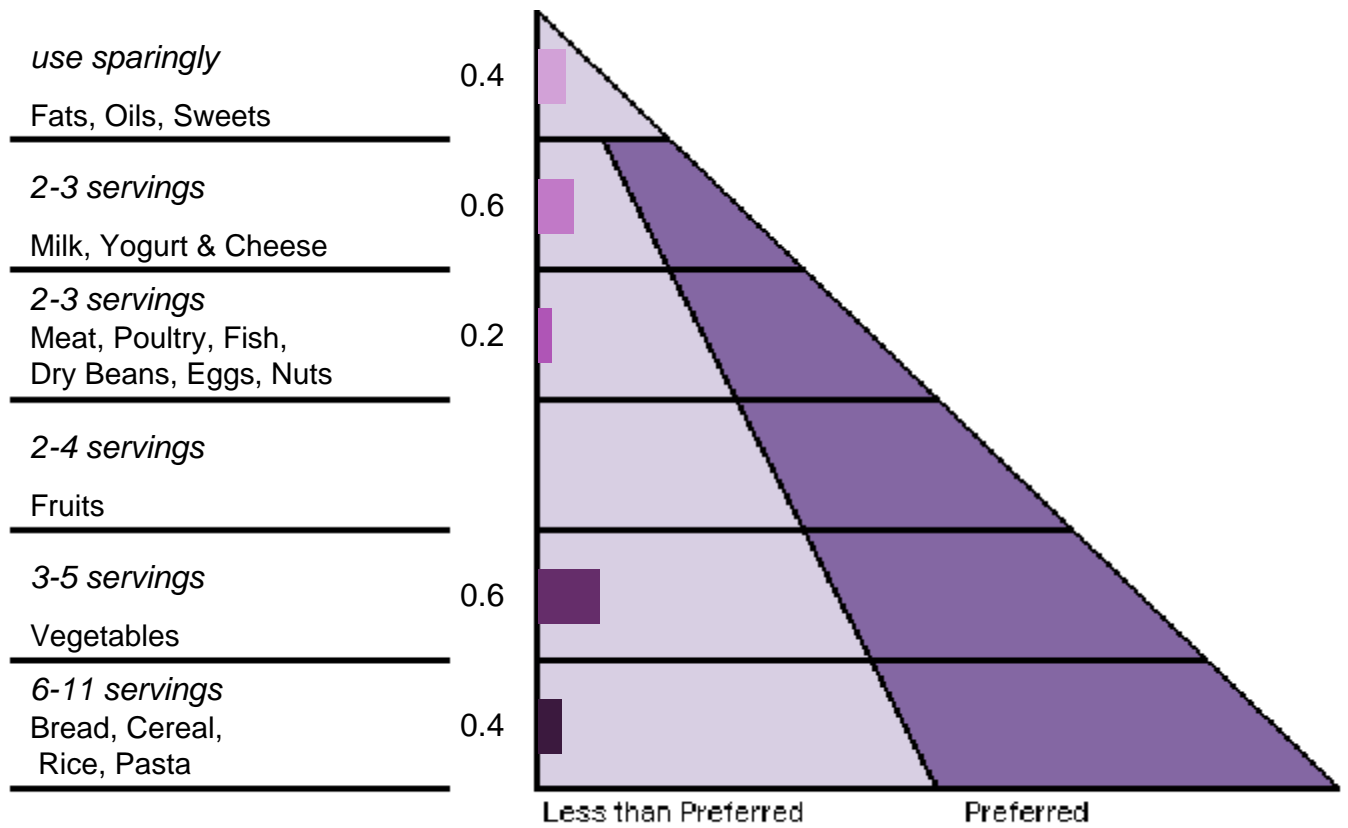


Calories and Fats: Adaptable Spinach Bake

Source of Calories		0	11	22	33	44	55
Protein	20....	[Bar extending to 20]					
Carbohydr...	27....	[Bar extending to 27]					
Fat	52....	[Bar extending to 52]					
Alcohol	0%	[Bar extending to 0]					



Pyramid: Adaptable Spinach Bake



Multi Column: Cheese and Cashew Lasagna

Nutrient	Per Svg	Per 100g	Nutrient	Per Svg	Per 100g
Gram Weight (g)	294.04	100.00	Vitamin B1 - Thiamin (m	3.40	1.16
Calories (kcal)	276.57	94.06	Vitamin B2 - Riboflavin (	3.35	1.14
Calories from Fat (kcal)	120.39	40.95	Vitamin B3 - Niacin (mg)	21.04	7.15
Calories from SatFat (k	23.10	7.85	Vitamin B6 (mg)	3.37	1.15
Protein (g)	15.98	5.43	Vitamin B12 (mcg)	2.57	0.88
Carbohydrates (g)	27.75	9.44	Vitamin C (mg)	10.63	3.61
Dietary Fiber (g)	4.31	1.46	Vitamin D - mcg (mcg)	0.24	0.08
Soluble Fiber (g)	0.74	0.25	Vitamin E - Alpha-Toco (	1.47	0.50
Total Sugars (g)	6.10	2.08	Folate (mcg)	138.22	47.01
Other Carbs (g)	17.01	5.79	Pantothenic Acid (mg)	4.19	1.42
Fat (g)	13.38	4.55	Calcium (mg)	79.89	27.17
Saturated Fat (g)	2.57	0.87	Copper (mg)	0.88	0.30
Mono Fat (g)	7.25	2.46	Iron (mg)	3.94	1.34
Poly Fat (g)	2.67	0.91	Potassium (mg)	658.13	223.82
Trans Fatty Acid (g)	0	0	Sodium (mg)	695.64	236.58
Cholesterol (mg)	0	0	Zinc (mg)	2.16	0.73
Vitamin A - IU (IU)	450.01	153.04			