

Cereal Box: Cinnamon Toast Crunch

General Mills
With **Whole Grain**
First Ingredient

PER 1/4 CUP SERVING
130 CALORIES 5g FIBER 1g SUGAR

Cinnamon Toast Crunch

CRISPY, SWEETENED WHOLE WHEAT and RICE Cereal

ALL CINNAMON & SUGAR IN EVERY BITE!

Nutrition Facts

Serving Size 1/4 cup (31g)
Servings Per Container about 11

Amount Per Serving	Cinnamon Toast Crunch	with 1% cup milk
Calories	130	170
Calories from Fat	30	30
	% Daily Value**	
Total Fat 3g*	5%	5%
Saturated Fat 0.5g	2%	2%
Trans Fat 0g		
Polyunsaturated Fat 1g		
Monounsaturated Fat 1.5g		
Cholesterol 0mg	0%	1%
Sodium 180mg	8%	10%
Potassium 65mg	2%	7%
Total Carbohydrate 25g	8%	10%
Dietary Fiber 2g	7%	7%
Sugars 9g		
Other Carbohydrate 14g		
Protein 1g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%
Phosphorus	10%	20%
Magnesium	4%	6%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. A serving of cereal plus skim milk provides 3g total fat, less than 5mg cholesterol, 240mg sodium, 260mg potassium, 31g total carbohydrate (10g sugars), and 5g protein.

** Percent Daily Values are based on a diet of other people's secretaries.

	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
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g

Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness.

Vitamins and Minerals: Tricalcium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A Vitamin (folic acid), Vitamin B₃, Vitamin D₃.

CONTAINS WHEAT AND SOY INGREDIENTS.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440-0001

© 2013 General Mills

May be mtg. under U.S. Pat. Nos. 7,021,525 & 7,959,96

Exchange: 1 Starch, 1 Other Carbohydrate, 1/2 Fat

Exchange calculations based on Choose Your Foods: Exchange Lists for Diabetes ©2008 the American Dietetic Association, the American Diabetes Association

This package is sold by weight, not by volume. You can be assured of proper weight even though some settling of contents normally occurs during shipment and handling.

F 3096436107 SSG 3453932107

Green Giant Canned Green Beans

Non-BPA Lining*

Proud Supporter
St. Jude Children's Research Hospital

Green Giant®

CUT GREEN BEANS

NO PRESERVATIVES
NON GMO†

NET WT 14.5 OZ (411g)

Nutrition Facts
About 3 1/2 servings per container
Serving size 1/2 cup (120g)

Amount per serving	% Daily Value*
Calories 20	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit. D 0mcg 0%	Calcium 28mg 2%
Iron 0mg 0%	Potas. 102mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Green Beans, Water, Salt.

Dist. by B&G Foods, Inc.
Parsippany, NJ 07054 USA
© 2018 B&G Foods, Inc.

Green Giant®

PICKED at the PEAK OF PERFECTION®

Our love for vegetables began over **100 YEARS** ago in Le Sueur, Minnesota. Today, our farmers still pick each crop at the peak of **PERFECTION**. That's how we make our vegetables unforgettable. *That's Green Giant™.*

This year, B&G Foods will donate \$350,000 to St. Jude Children's Research Hospital® to support its mission: Finding cures. Saving children.® Visit greengiant.com to learn more.

†Ingredients of the types used in this product are not genetically engineered.

STOVE-TOP
Heat just to boiling; drain, if desired.

MICROWAVE
Heat in covered microwaveable dish on High 2½ to 3½ minutes; drain, if desired. Refrigerate leftovers.

Questions or Comments?
1-800-998-9996
visit us at greengiant.com

Please Recycle ♻️

*Can lining produced without the intentional addition of BPA.

Better if used by date on end of can

0 20000 11197 1

Canned Pineapple Chunks:



Ocean Spray Cranberry Juice Cocktail:

Contains 27% Juice		
Nutrition Facts	Amount Per Serving	%DV*
Serv Size 1 bottle	Total Fat 0g	0%
10 fl oz (295mL)	Sodium 5mg	0%
Calories 130	Potassium 55mg	2%
Cal. from Fat 0	Total Carb. 34g	11%
	Sugars 31g	
	Protein 0g	
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium or iron.	Vitamin C 100%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		

Canned Tomato Juice

Nutrition Facts

about 6 servings per container

Serving size 8 fl oz (240mL)

Amount per serving

Calories

45

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 630mg **27%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 4%

Potassium 460mg 10%

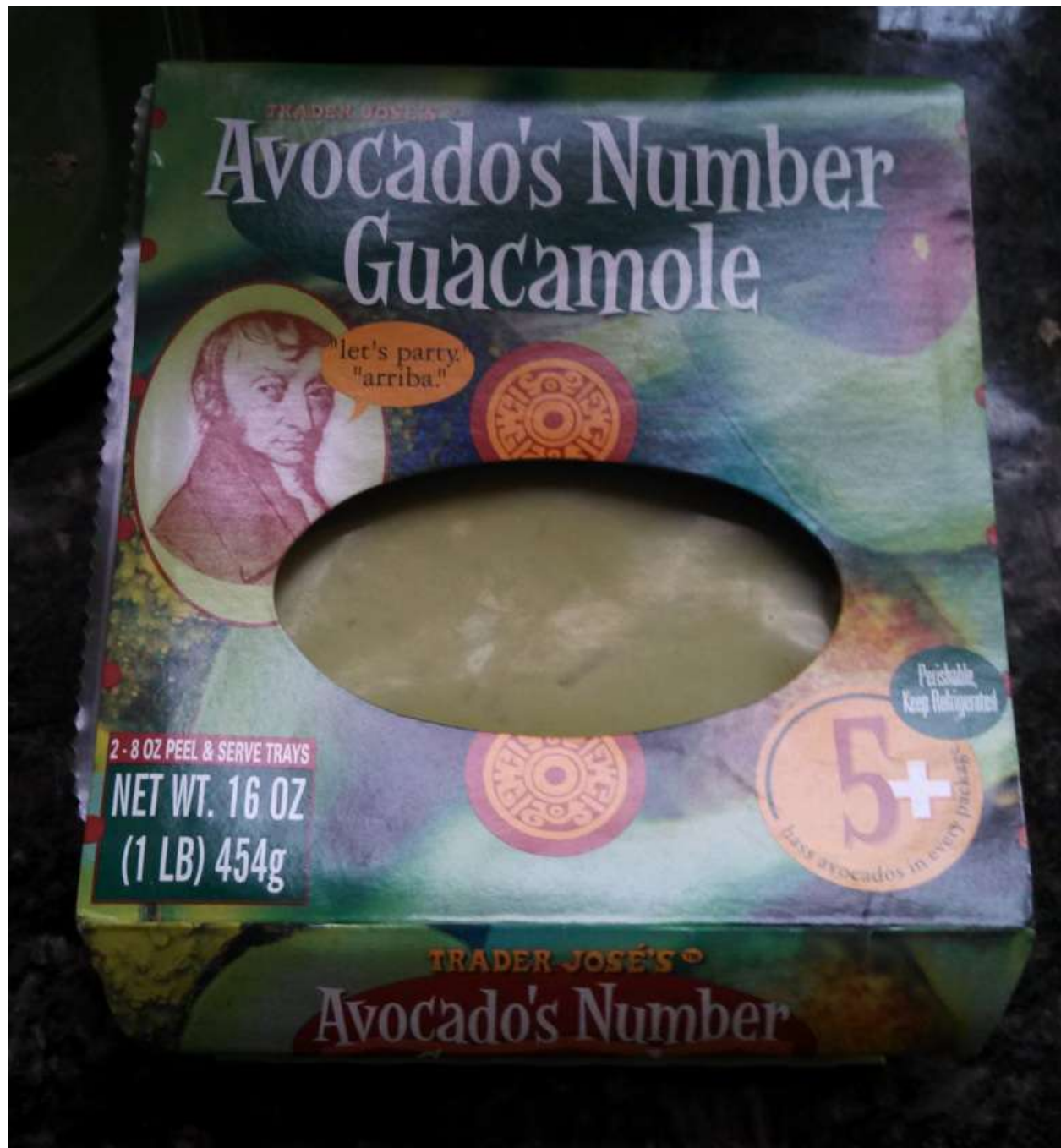
Vitamin C 108mg 120%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Guacamole From Trader Joe's:



Nutrition Facts

Serving Size 2 tbsp (30g)

Amount Per Serving	
Calories 50	Calories from Fat 35
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 0.5g	2%
Cholesterol 0mg	0%
Sodium 75mg	3%
Potassium 190mg	
Total Carbohydrate 2g	1%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 1g	
Vitamin A 4%	● Vitamin C 4%
Calcium 0%	● Iron 2%

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.