
since 1842
MOTT'S
Applesauce
ORIGINAL
Nutrition Facts
Serving Size
1 Container (113g)
Servings 6
Calories 90
Fat Calories 0
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Amount/Serving % DV* Amount/Serving % DV*
Total Fat 0g 0% Total Carbohydrate 24g 8%
Saturated Fat 0g 0% Dietary Fiber 1g 4%
Trans Fat 0g Soluble Fiber 1g
Cholesterol 0mg 0% Insoluble Fiber 0g
Sodium 0mg 0% Sugars 22g
Potassium 70mg 2% Protein 0g
Vitamin A 0% • Vitamin C 20% • Iron 0% • Calcium 0%
INGREDIENTS: APPLES, HIGH
ASCORBIC ACID (VITAMIN C).
MOTT'S LLP, 5301 LEGACY DRIVE,
MOTT'S IS A REGISTERED TRADEM
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Made from real fruit which may contain seeds, stems or other pieces of natural fruit.
For more information visit www.motts.com
We welcome your questions or comments.
Please call 1-800-426-4891 (se habla español).


2/$1
Cheetos
Crunchy
Flamin' Hot
NET WT. 1 1/4 OZ. (35.
GUARANTEED FRESH
Until printed date or this snack's on us.
QUESTIONS OR COMMENTS?
Weekdays 9:00am to 4:30pm Central Time
1-800-352-4477
Please provide product name, bag size, date, price and numbers found below price for each package.
Nutrition Facts
Serving Size 1 package
Servings Per Container 1
Amount Per Serving
Calories 200 Calories from Fat 120
% Daily Value*
Total Fat 14g 21%
Saturated Fat 2g 9%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 310mg 13%
Total Carbohydrate 19g 6%
Dietary Fiber less than 1g 3%
Sugars less than 1g
Protein 2g
Vitamin A 0% • Vitamin C 0%
Calcium 0% • Iron 4%
Thiamin 8% • Riboflavin 4%
Niacin 4% • Vitamin B6 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: Enriched Corn Meal (Corn Meal, Ferr
Sulfate, Niacin, Thiamin Mononitrate, Riboflavin,
Folic Acid), Vegetable Oil (Corn, Canola, and
Sunflower Oil), Flamin' Hot Seasoning (Maltodext
[Made From Corn], Salt, Sugar, Monosodi
Glutamate, Yeast Extract, Citric Acid, Artificial Co
[Red 40 Lake, Yellow 6 Lake, Yellow 5, Yellow
Sunflower Oil, Cheddar Cheese [Milk, Chee
Cultures, Salt, Enzymes], Onion Powder, Wh
Whey Protein Concentrate, Garlic Powder, Natu
Flavor, Buttermilk, Sodium Diacetate, Disodi
Inosinate, and Disodium Guanylate), and Salt
FRITO-LAY, INC.
PLANO, TX 75024-4099
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Visit our website @ fritolay.com
0 GRAMS TRANS FAT
Chester Cheetah
www.cheetos.com
0 28400 08766 7

Nutrition Facts

Serving Size 1 cup (240mL)
Servings Per Container about 2

Amount Per Serving	
Calories 120	Calories from Fat 25
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 790mg	33%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 7g	

Vitamin A 25% • Vitamin C 2%

Calcium 2% • Iron 6%

* 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

STEEL Please RECYCLE WHERE FACILITIES AVAILABLE

Satisfaction guaranteed. If you have questions or comments, please call 1-888-711-0358. Please have code and date information from container. Visit our web site at

chunky.com

Nutrition Facts

Serving Size 159 g 10 Pc. Nuggets

Amount Per Serving	
Calories 463	Calories from Fat 259
	% Daily Value*
Total Fat 29g	44%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 70mg	23%
Sodium 1005mg	42%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	5%
Sugars 0g	
Protein 24g	

Vitamin A	0%	• Vitamin C	3%
Calcium	2%	• Iron	8%

*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 label and picture courtesy of: http://www.squidoo.com/mc-donalds-chicken-nuggets

CHOLESTEROL FREE

Nutrition Facts

Serving Size 43 Pieces (30g /1.1oz)
Servings Per Container About 8

Amount Per Serving	
Calories 130 Calories from Fat 20	
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 430mg	18%
Total Carbohydrate 24g	8%
Dietary Fiber Less than 1g	3%
Sugars Less than 1g	
Protein 3g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	8%

*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

MADE WITH SMILES AND UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID], SALT, VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORN STARCH, MONOCALCIUM PHOSPHATE), MALTED BARLEY, BICARBONATES AND CARBONATES OF SODIUM AND NONFAT MILK*.

*ADDS A TRIVIAL AMOUNT OF CHOLESTEROL.

PEPPERIDGE FARM, INCORPORATED, NORWALK, CT 06856
PRODUCT OF USA

9101400517R 8562-1-4

Picture courtesy of:
http//www.slashfood.com/tag/dominos%20pizza/

Nutrition Facts

Serving Size 1/6 Pizza (130g)
Servings Per Container 6

Amount Per Serving	
Calories 320	Calories from Fat 110
	%Daily Value*
Total Fat 13 g	**19%**
Saturated Fat 6g	**29%**
Cholesterol 25mg	**8%**
Sodium 690mg	**29%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 2g	**6%**
Sugars 3g	
Protein 16g	

Vitamin A 8%	Vitamin C 0%
Calcium 25%	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values maybe 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

Picture courtesy of
http://mason.gmu.edu/~mmankus/nutrition/pizza1.htm


Pringles
the Original
ION FACTS
INFORMACIÓN NUTRICIONAL
Serving Size 1 Ounce
Tamaño de la porción 1 oz
(28 g, approx./aprox. 16 crisps/unidades)
Servings Per Container approx. 6
Porciones por envase aprox. 6
Amount Per Serving/Cantidad por porción
Calories/Calorías 150
Calories from Fat/Calorías de grasa 90
% Daily Value*/% del valor diario*
Total Fat/Grasa total 9 g 15%
Saturated Fat/Grasa saturada 2.5 g 14%
Trans Fat/Grasa trans 0 g
Cholesterol/Colesterol 0 mg 0%
Sodium/Sodio 150 mg 6%
Total Carbohydrate
Carbohidratos totales 15 g 5%
Dietary Fiber/Fibra dietética 1 g 4%
Sugars/Azúcares 1 g
Protein/Proteína 1 g
Vitamin A/Vitamina A 0% • Vitamin C/Vitamina C 6%
Calcium/Calcio 0% • Iron/Hierro 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:
*Los porcentajes de valores diarios están basados en una dieta de 2,000 calorías. Sus valores diarios pueden ser mayores o menores, dependiendo de las calorías que usted necesite:
Calories/Calorías: 2,000 2,500
Total Fat/Grasa total Less than/Menos de 65 g 80 g
Sat Fat/Grasa saturada Less than/Menos de 20 g 25 g
Cholesterol/Colesterol Less than/Menos de 300 mg 300 mg
Sodium/Sodio Less than/Menos de 2,400 mg 2,400 mg
Total Carbohydrate
Carbohidratos totales 300 g 375 g
Dietary Fiber/Fibra dietética 25 g 30 g
INGREDIENTS: DRIED POTATOES, VEGETABLE OIL (CONTAINS ONE OR MORE OF THE FOLLOWING: CORN OIL, COTTONSEED OIL, SOYBEAN OIL, AND/OR SUNFLOWER OIL), CORN FLOUR, WHEAT STARCH, MALTODEXTRIN, SALT, RICE FLOUR AND DEXTROSE.
CONTAINS WHEAT INGREDIENTS.
INGREDIENTES: PAPAS DESHIDRATADAS, ACEITE VEGETAL (CONTIENE AL MENOS UNO DE LOS SIGUIENTES ACEITES: MAÍZ, SEMILLA DE ALGODÓN, SOYA Y/O GIRASOL), HARINA DE MAÍZ, ALMIDÓN DE TRIGO, MALTODEXTRINA, SAL, HARINA DE ARROZ Y DEXTROSA.
CONTIENE DERIVADOS DE TRIGO.
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