



Nutrition Facts	
6 servings per container	
Serving size 1 packet (35g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polysaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	9%
Soluble Fiber 1g	
Total Sugars 7g	
Includes 5g Added Sugars	11%
Protein 3g	
Vitamin D 2.2mcg	10%
Calcium 180mg	10%
Iron 5.2mg	25%
Potassium 150mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.33mg	25%
Niacin 4mg	25%
Vitamin B6 0.43mg	25%
Folate 130mcg DFE (77mcg Folic Acid)	30%

*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.



FRESH FRUIT ADDED AS SERVING SUGGESTION	130 CALORIES	0g SAT FAT 0% DV	150mg SODIUM 7% DV	7g TOTAL SUGARS
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6CT

6-1.23 OZ (35g) PACKETS NET WT 7.4 OZ (210g)

