

**\*\* Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 514      | 13  | 86    | 13      | 83    | 0     | 350    | 35          | 1    | 467     | 389   | 5     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 320      | 13  | 30    | 21      | 5     | 2     | 950    | 45          | 4    | 60      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 270      | 9   | 31    | 16      | 5     | 2     | 740    | 30          | 3    | 60      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 250      | 10  | 36    | 4       | 15    | 2     | 200    | 0           | 1    | 0       | 100   | 2     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 506      | 13  | 83    | 12      | 83    | 0     | 366    | 35          | 1    | 545     | 389   | 5     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 619      | 33  | 70    | 12      | 59    | 2     | 298    | 98          | 1    | 353     | 1175  | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 340      | 14  | 52    | 2       | 23    | 1     | 470    | 1           | 1    | 0       | 100   | 0     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 300      | 18  | 31    | 3       | 23    | 1     | 190    | 10          | 1    | 40      | 100   | 0     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 190      | 9   | 26    | 2       | 20    | 1     | 590    | 15          | 0    | 0       | 200   | 0     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 245      | 13  | 31    | 3       | 1     | 2     | 337    | 0           | 1    | 7       | 0     | 1     | 0     | 1     | 350       | 22        | 1    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 310      | 13  | 31    | 17      | 6     | 2     | 580    | 40          | 4    | 80      | 100   | 1     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 553      | 31  | 56    | 12      | 46    | 1     | 215    | 96          | 0    | 307     | 1152  | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 678      | 37  | 57    | 31      | 12    | 5     | 911    | 87          | 13   | 114     | 0     | 1     | 0     | 0     | 492       | 52        | 8    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 510      | 12  | 96    | 8       | 82    | 3     | 180    | 30          | 2    | 250     | 1000  | 15    | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 240      | 14  | 19    | 9       | 4     | 1     | 730    | 25          | 2    | 60      | 100   | 4     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 675      | 26  | 99    | 12      | 75    | 1     | 469    | 53          | 2    | 320     | 1244  | 1     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 550      | 20  | 81    | 12      | 61    | 1     | 410    | 40          | 4    | 400     | 1000  | 0     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 530      | 21  | 87    | 13      | 62    | 2     | 260    | 45          | 3    | 400     | 1000  | 0     |       |       |           |           |      |         |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 210      | 13  | 21    | 3       | 17    | 0     | 75     | 10          | 0    | 100     | 300   | 0     | 0     | 0     | 0         | 0         | 0    |         |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 290      | 12  | 29    | 17      | 5     | 2     | 630    | 45          | 3    | 60      | 200   | 4     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 320      | 16  | 39    | 5       | 4     | 3     | 180    | 0           | 1    | 20      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

**\*\* Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU;  
Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 230      | 7   | 36    | 6       | 28    | 0     | 112    | 22          | 1    | 196     | 561   | 1     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 348      | 17  | 42    | 6       | 30    | 1     | 135    | 21          | 1    | 177     | 532   | 2     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 190      | 3   | 33    | 6       | 13    | 6     | 760    | 5           | 2    | 80      | 400   | 0     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 180      | 10  | 20    | 4       | 2     | 1     | 560    | 0           | 1    | 20      | 0     | 0     | 0     | 0     | 0         | 0         | 0    |         |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 370      | 19  | 11    | 40      | 0     | 0     | 1145   | 145         | 1    | 20      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 140      | 8   | 4     | 14      | 0     | 0     | 440    | 75          | 1    | 0       | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

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|          |     |       |         |       |       |        |             |      |         |       |       |       |       |           |           |      |         |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
| 232      | 14  | 26    | 2       | 20    | 3     | 284    | 8           | 0    | 30      | 450   | 34    | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 150      | 2   | 35    | 5       | 8     | 2     | 20     | 0           | 0    | 0       | 100   | 4     | 0     | 0     | 0         | 0         | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 290      | 15  | 37    | 3       | 25    | 2     | 330    | 15          | 1    | 40      | 0     | 0     | 0     | 0     | 0         | 0         | 0    |         |

|          |     |       |         |       |       |        |             |      |         |       |       |       |       |           |           |      |         |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
| 45       | 2   | 7     | 1       | 3     | 3     | 730    | 5           | 1    | 40      | 200   | 2     | 0     | 0     | 0         | 0         | 0    |         |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 431      | 12  | 80    | 11      | 61    | 0     | 206    | 51          | 0    | 338     | 844   | 2     | 0     | 0     | 0         | 0         | 0    | 0       |

|          |     |       |         |       |       |        |             |      |         |       |       |       |       |           |           |      |         |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
| 391      | 19  | 39    | 16      | 4     | 1     | 689    | 40          | 2    | 163     | 125   | 0     | 0     | 0     | 249       | 28        | 1    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 301      | 9   | 39    | 15      | 5     | 1     | 575    | 31          | 2    | 159     | 115   | 0     | 0     | 0     | 241       | 29        | 1    |         |

|          |     |       |         |       |       |        |             |      |         |       |       |       |       |           |           |      |         |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
| 370      | 19  | 46    | 4       | 0     | 5     | 266    | 0           | 1    | 12      | 0     | 5     | 0     | 0     | 398       | 23        | 0    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 280      | 10  | 35    | 12      | 7     | 2     | 560    | 30          | 3    | 200     | 0     | 2     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 427      | 12  | 67    | 11      | 57    | 0     | 304    | 51          | 0    | 338     | 844   | 2     | 0     | 0     | 0         | 0         | 0    | 0       |

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**\*\* Nutrition Units for Fat, Carbs, Protein, Sugar, Fiber are Grams; Vit A, Vit D, Vit E are IU; Sodium, Cholesterol, Iron, Calcium, Vit C, Magnesium, Potassium, Zinc, Omega-3 are Milligrams;**

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 440      | 24  | 38    | 20      | 1     | 10    | 1010   | 40          | 5    | 80      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 390      | 12  | 64    | 11      | 57    | 1     | 220    | 35          | 1    | 500     | 500   | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 240      | 11  | 33    | 2       | 0     | 3     | 80     | 0           | 1    | 20      | 0     | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 370      | 11  | 63    | 9       | 59    | 0     | 180    | 35          | 0    | 300     | 300   | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 330      | 17  | 29    | 16      | 0     | 0     | 345    | 45          | 2    | 20      | 0     | 0     | 0     | 0     | 4         | 8         | 2    |         |

| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 380      | 12  | 63    | 11      | 58    | 0     | 190    | 35          | 0    | 500     | 500   | 0     | 0     | 0     | 0         | 0         | 0    | 0       |

|          |     |       |         |       |       |        |             |      |         |       |       |       |       |           |           |      |         |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
| 404      | 14  | 55    | 16      | 0     | 8     | 1216   | 18          | 5    | 232     | 133   | 0     | 0     | 1     | 533       | 61        | 2    | 261     |

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| Calories | Fat | Carbs | Protein | Sugar | Fiber | Sodium | Cholesterol | Iron | Calcium | Vit A | Vit C | Vit D | Vit E | Potassium | Magnesium | Zinc | Omega-3 |
|----------|-----|-------|---------|-------|-------|--------|-------------|------|---------|-------|-------|-------|-------|-----------|-----------|------|---------|
| 184      | 11  | 14    | 8       | 0     | 3     | 349    | 24          | 2    | 62      | 60    | 0     | 0     | 1     | 168       | 26        | 2    | 99      |

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