

**Pudding Cup (1 cup)**

Calories.....100  
Total Fat .....2.5 g  
    Sat. Fat .....1.5 g  
Sodium .....125 mg  
Total Carb .....19 g  
    Dietary Fiber .....1 g  
    Total Sugars.....13 g  
Protein .....less than 1 g

*Ingredients:* Water, Nonfat Milk, Sugar, Modified Corn Starch, Palm Oil, Cocoa (Processed with alkali), Less than 2% of: Salt, Sodium Stearoyl Lactylate, Natural and Artificial Flavors.

*Contains:* Milk

**GLUTEN FREE**

**Chocolate Sandwich Creme Cookies (3 cookies)**

Calories.....195  
Total Fat .....7.5 g  
    Saturated Fat .....7.5 g  
Sodium .....150 mg  
Total Carb .....20 g  
    Total Sugars.....18 g

*Ingredients:* Cane Sugar Unbleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Expeller Pressed Canola Oil, Cocoa Powder (Processed with Alkali), Wheat Starch, Invert Cane Sugar Syrup, Natural Flavors, Salt, Baking Soda (Sodium Bicarbonate), Soy Lecithin (Emulsifier).

*Contains:* Wheat and Soy Ingredients, May contain Tree Nuts (coconut), Milk and Eggs.

**Gummi Worms (6 worms)**

Calories.....200  
Sodium .....40 mg  
Total Carb .....48 g  
    Total Sugars.....30 g  
Protein .....4 g

*Ingredients:* Corn Syrup (from corn), Sugar (from Beets), Water, Gelatin, Citric Acid, Natural and Artificial Flavors, Pectin (derived from fruits) Vegetable Oil (Coconut, Canola) and Carnuba Leaf Wax (to even sticking), FD&C Red #40, FD&C Yellow#5, FD&C Yellow #6, FD&C Blue #1.

**GLUTEN FREE**