



# ALMONDS (PASTEURIZED)

USA

Ingredients: Raw Almonds

## Nutrition Facts

Serving Size  $\frac{1}{4}$  cup (28g)

Amount per Serving

**Calories 161**   **Calories from Fat 116**   **% Daily Value**

<b>Total Fat</b>	<b>14 g</b>	<b>21 %</b>
Saturated Fat	1 g	5 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate.</b>	<b>6 g</b>	<b>2 %</b>
Dietary Fiber	3 g	14 %
Sugars	1 g	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 7 %</b>	<b>Iron 6 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.





# ALMONDS ROASTED NO SALT USA

Ingredients: Almonds, Canola Oil.

## Nutrition Facts

Serving Size  $\frac{1}{4}$  cup 30 g

**Calories** 180 g **Calories from Fat** 120 g **% Daily Value**

**Total Fat** 13 g 20 %

Saturated Fat 1.5 g 7 %

**Cholesterol** 0 mg 0 %

**Sodium** 0 mg 0 %

**Total Carbohydrate** 11 g 4 %

Dietary Fiber 3 g 12 %

Sugars 1 g

**Protein** 7 g **Trans Fat** 0 g

**Vitamin A** 0 % **Vitamin C** 0 %

**Calcium** 6 % \* **Iron** 4 %

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your calorie needs.



# ALMONDS- TAMARI

USA

Ingredients: Almonds, Soy Sauce (water, soybeans, salt, and sugar)

## Nutrition Facts

Serving Size 1 oz. (28g)

**Calories** 170    **Calories from fat** 125    **% Daily Value\***

**Total Fat** 15 g 23 %

**Saturated Fat** 1.5 g 7 %

**Cholesterol** 0 mg 0 %

**Sodium** 220 mg 9 %

**Total Carbohydrate** 6 g 2 %

**Dietary Fiber** 6 g 12 %

**Sugars** 2 g

**Protein** 12 g    **Trans Fat** 0 g

**Vitamin A** 0 %    **Vitamin C** 0 %

**Calcium** 7 %    **Iron** 7 %

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# AMARANTH ORGANIC

India

Ingredients: Organic Amaranth

## Nutrition Facts

Serving Size ¼ Cup

### Amount per Serving

<b>Calories</b>	<b>180</b>	<b>Calories from Fat</b>	<b>30</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>3.5 g</b>		<b>5 %</b>
Saturated Fat		1 g		5 %
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>10 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>3 g</b>		<b>10 %</b>
Dietary Fiber		3 g		12 %
Sugars		4 g		
<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>2 %</b>	<b>Vitamin C</b>	<b>2 %</b>	
<b>Calcium</b>	<b>6 %</b>	<b>Iron</b>	<b>15 %</b>	

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# BARLEY PEARLED ORGANIC

USA

Ingredients: Organic Barley

## Nutrition Facts

Serving Size ¼ Cup (44g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>10</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>32 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>8 g</b>		<b>30 %</b>
<b>Sugars</b>		<b>1 g</b>		
<b>Protein</b>		<b>5 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>8 %</b>	

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your calorie needs.



# BEAN ADZUKI

ORGANIC

Argentina

Ingredients: Organic Adzuki Beans

## Nutrition Facts

Serving Size ¼ Cup (Dry) 35 g

### Amount per Serving

<b>Calories</b>	<b>120</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>22 g</b>	<b>0 %</b>
<b>Dietary Fiber</b>		<b>4 g</b>	<b>14 %</b>
<b>Sugars</b>		<b>2 g</b>	
<b>Protein</b>		<b>7 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0%</b>	<b>Iron</b>	<b>10 %</b>

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# BEAN BLACK ORGANIC

NYS

Ingredients: Organic Black Beans

## Nutrition Facts

Serving Size ¼ (48g)

Amount per Serving

<b>Calories</b> 160	<b>Calories from Fat</b> 5	<b>% Daily Value</b>	
<b>Total Fat</b>	.5 g		<b>1 %</b>
<b>Saturated Fat</b>	0 g		<b>0 %</b>
<b>Cholesterol</b>	0 mg		<b>0 %</b>
<b>Sodium</b>	10 mg		<b>9 %</b>
<b>Potassium</b>	330mg		<b>9 %</b>
<b>Total Carbohydrate</b>	29 g		<b>10 %</b>
<b>Dietary Fiber</b>	16 g		<b>64 %</b>
<b>Sugars</b>	<1 g		
<b>Protein</b>	11 g	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>4 %</b>	<b>Iron</b>	<b>20 %</b>

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# BEAN CANNELLINI ORGANIC

USA

Ingredients: Organic Cannellini Beans

## Nutrition Facts

Serving Size ½ cup 130 g

### Amount per Serving

<b>Calories 100</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>1 g</b>		<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>30 mg</b>		<b>1 %</b>
<b>Total Carbohydrate</b>	<b>17 g</b>		<b>6 %</b>
<b>Dietary Fiber</b>	<b>5 g</b>		<b>18 %</b>
<b>Sugars</b>	<b>&lt;1 g</b>		
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>
<b>Calcium</b>	<b>4 %</b>	<b>Iron</b>	<b>10 %</b>

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your calorie needs



# BEAN CRANBERRY ORGANIC

USA

Ingredients: Organic Cranberry (Borlotti) Beans

## Nutrition Facts

Serving Size 1 oz (28 g)

### Amount per Serving

<b>Calories 95</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>.3 g</b>	<b>0%</b>	
Saturated Fat	.1 g	0 %	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>	
<b>Sodium</b>	<b>2 mg</b>	<b>0%</b>	
<b>Total Carbohydrate</b>	<b>17 g</b>	<b>6%</b>	
Dietary Fiber	7 g	25 %	
Sugars	3 g		
<b>Protein</b>	<b>7 g</b>	<b>Trans Fat 0 g</b>	
<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>
<b>Calcium</b>	<b>3%</b>	<b>Iron</b>	<b>8%</b>

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your calorie needs



# BEAN GIANT LIMA ORGANIC

Peru

Ingredients: Organic Lima Beans

## Nutrition Facts

Serving Size ¼ Cup (Dry) (35g)

### Amount per Serving

**Calories** 70 g **Calories From Fat** 0 g **% Daily Value**

**Total Fat** 0 g x %

**Saturated Fat** 0 g x %

**Cholesterol** 0 mg x %

**Sodium** 20 mg x %

**Total Carbohydrate** 22 g x %

**Dietary Fiber** 12 g x %

**Sugars** 1 g

**Protein** 7 g **Trans Fat** 0 g

**Vitamin A** 0 % **Vitamin C** 0 %

**Calcium** 0 % **Iron** 10 %

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your calorie needs.



# BEAN MUNG ORGANIC

China

Ingredients: Organic Whole Mung Beans

## Nutrition Facts

Serving Size ¼ Cup

Amount per Serving

<b>Calories</b>	<b>184</b>	<b>Calories from Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0.6 g</b>		<b>1 %</b>
<b>Saturated Fat</b>		<b>0.2 g</b>		<b>1 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>8 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>32 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>8 g</b>		<b>34 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>12 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>	
<b>Calcium</b>	<b>%</b>	<b>Iron</b>	<b>%</b>	

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your calorie needs



# BEAN NAVY ORGANIC

USA

Ingredients: Organic Navy Beans

## Nutrition Facts

Serving Size ¼ Cup 52 g

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories from Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0.5 g</b>		<b>1 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>5 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>32 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>13 g</b>		<b>46 %</b>
<b>Sugars</b>		<b>3 g</b>		
<b>Protein</b>		<b>12 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>2 %</b>	
<b>Calcium</b>	<b>8 %</b>	<b>Iron</b>	<b>20 %</b>	

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your calorie needs

# BEAN RED "ROJO CHIQUITO" ORGANIC

NYS

Ingredients: Organic Red Beans

## Nutrition Facts

Serving Size ¼ Cup (48g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>		<b>.5 g</b>	<b>1 %</b>	
Saturated Fat		0 g	0 %	
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>		<b>5 mg</b>	<b>0 %</b>	
<b>Total Carbohydrate</b>		<b>29 g</b>	<b>11 %</b>	
Dietary Fiber		7 g	25 %	
Sugars		1 g		
<b>Protein</b>		<b>11 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>20 %</b>	

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# BEAN RED KIDNEY ORGANIC

NYS

Ingredients: Organic Red Kidney Beans

## Nutrition Facts

Serving Size ½ Cup 130 g

Amount per Serving

<b>Calories 110</b>	<b>Calories from Fat 0</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>30 mg</b>	<b>1 %</b>
<b>Total Carbohydrate</b>	<b>18 g</b>	<b>7 %</b>
<b>Dietary Fiber</b>	<b>8 g</b>	<b>29 %</b>
<b>Sugars</b>	<b>&lt;1 g</b>	
<b>Protein</b>	<b>7 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 4 %</b>	<b>Iron 10 %</b>	

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# BEAN PINTO ORGANIC

NYS

Ingredients: Organic Pinto Beans

## Nutrition Facts

Serving Size ¼ Cup 43 g

### Amount per Serving

<b>Calories</b>	<b>140</b>	<b>Calories from Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0.5 g</b>		<b>1 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>5 mg</b>		<b>0 %</b>
<b>Potassium.</b>		<b>330 mg.</b>		<b>9 %</b>
<b>Total Carbohydrate</b>		<b>26 g</b>		<b>9 %</b>
<b>Dietary Fiber</b>		<b>11 g</b>		<b>40 %</b>
<b>Sugars</b>		<b>&lt;1 g</b>		
<b>Protein</b>		<b>8 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>15 %</b>	

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# BLACK EYED PEAS ORGANIC USA

Ingredients: Organic Black Eyed Peas

## Nutrition Facts

Serving Size ½ Cup

Amount per Serving

<b>Calories</b> 290	<b>Calories from Fat</b> 10	<b>% Daily Value</b>
<b>Total Fat</b>	<b>1 g</b>	<b>2 %</b>
<b>Saturated Fat</b>	<b>.5 g</b>	<b>2 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>15 mg</b>	<b>1 %</b>
<b>Total Carbohydrate</b>	<b>50 g</b>	<b>17 %</b>
<b>Dietary Fiber</b>	<b>0 g</b>	<b>0 %</b>
<b>Sugars</b>	<b>0 g</b>	
<b>Protein</b>	<b>20 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A *</b>	<b>Vitamin C *</b>	
<b>Calcium *</b>	<b>Iron *</b>	

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your calorie needs



# BUCKWHEAT GROATS ORGANIC

NYS

Ingredients: Raw Buckwheat

## Nutrition Facts

Serving Size ¼ Cup 45 g

### Amount per Serving

<b>Calories 150</b>	<b>Calories from Fat 10</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>1 g</b>	<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>10 mg</b>	<b>0 %</b>
<b>Potassium</b>	<b>190 mg</b>	<b>6 %</b>
<b>Total Carbohydrate</b>	<b>32 g</b>	<b>11 %</b>
<b>Dietary Fiber</b>	<b>2 g</b>	<b>10 %</b>
<b>Sugars</b>	<b>0 g</b>	
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 0 %</b>	<b>Iron 8 %</b>	

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your calorie needs



# BULGHUR

Turkey

Ingredients: Bulghur Wheat

## Nutrition Facts

Serving Size 40 g

Amount per Serving

<b>Calories 140</b>	<b>Calories from Fat 5</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>.5 g</b>	<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>30 g</b>	<b>10 %</b>
<b>Dietary Fiber</b>	<b>5 g</b>	<b>20 %</b>
<b>Sugars</b>	<b>0 g</b>	
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 4 %</b>	
<b>Calcium 2 %</b>	<b>Iron 10 %</b>	

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your calorie needs

# CASHEWS RAW

India/Viet/Indonesia

Ingredients: Raw Cashews

## Nutrition Facts

Serving Size ¼ cup

Amount per Serving

<b>Calories 180</b>	<b>Calories from Fat 130</b>	<b>%Daily Value</b>
<b>Total Fat</b>	<b>12 g</b>	<b>22 %</b>
Saturated Fat	2 g	11 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>8 g</b>	<b>3 %</b>
Dietary Fiber	3 g	14 %
Sugars	2 g	
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>		<b>Vitamin C 0 %</b>
<b>Calcium 2 %</b>		<b>Iron 10 %</b>

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# CASHEWS ROASTED NO SALT

Brazil/Africa

Ingredients: Cashews, Canola Oil.

## Nutrition Facts

Serving Size  $\frac{1}{4}$  cup (28g)

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories from Fat</b>	<b>120</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>13 g</b>		<b>20 %</b>
<b>Saturated Fat</b>		<b>2 g</b>		<b>10 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>10 g</b>		<b>3 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>2 g</b>		
<b>Protein</b>		<b>4 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>8 %</b>	

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# CASHEWS ROASTED SALT

Brazil/Africa

Ingredients: Cashews, Canola Oil, Salt.

## Nutrition Facts

Serving Size  $\frac{1}{4}$  cup (28g)

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories from Fat</b>	<b>120</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>13 g</b>		<b>20 %</b>
Saturated Fat		2 g		10 %
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>75 mg</b>		<b>3 %</b>
<b>Total Carbohydrate</b>		<b>10 g</b>		<b>3 %</b>
Dietary Fiber		1g		4 %
Sugars		2g		
<b>Protein</b>		<b>4 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>8 %</b>	

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# CHIA SEEDS ORGANIC

Peru

Ingredients: Organic Chia Seeds

Ingredients: Organic Chia Seeds.

## Nutrition Facts

Serving Size 1 Tbsp (15g)

### Amount per Serving

<b>Calories 70</b>	<b>Calories from Fat 40</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>4.5 g</b>	<b>7%</b>
Saturated Fat	0 g	0%
<b>Cholesterol</b>	<b>0 mg</b>	<b>0%</b>
<b>Sodium</b>	<b>0 m g</b>	<b>0%</b>
<b>Total Carbohydrate</b>	<b>7 g</b>	<b>2%</b>
Dietary Fiber	6 g	24%
Sugars	0 g	
<b>Protein</b>	<b>3 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 10 %</b>	<b>Iron 8 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# CHICKPEAS (GARBANZOS) ORGANIC

USA

Ingredients: Organic Chickpeas (Garbanzo Beans)

## Nutrition Facts

Serving Size ½ Cup 130 g

### Amount per Serving

<b>Calories 110</b>	<b>Calories from Fat 15</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>2 g</b>	<b>3 %</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>140 mg</b>	<b>6 %</b>
<b>Total Carbohydrate</b>	<b>18 g</b>	<b>6 %</b>
<b>Dietary Fiber</b>	<b>5 g</b>	<b>21 %</b>
<b>Sugars</b>	<b>3 g</b>	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 2 %</b>	
<b>Calcium 4 %</b>	<b>Iron 10%</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs





# COCONUT SHREDDED ORGANIC

Philippines/ Sri Lanka  
Ingredients: Organic Coconut

## Nutrition Facts

Serving Size 2 Tbsp (15g)

### Amount per Serving

<b>Calories 80</b>	<b>Calories from Fat 90</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>10 g</b>	<b>15 %</b>
<b>Saturated Fat</b>	<b>3 g</b>	<b>15 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>8 g</b>	<b>3 %</b>
<b>Dietary Fiber</b>	<b>1 g</b>	<b>4 %</b>
<b>Sugars</b>	<b>6 g</b>	
<b>Protein</b>	<b>1 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0%</b>	<b>Vitamin C 0%</b>	
<b>Calcium 0%</b>	<b>Iron 2%</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs

# CORN NUTS

USA

Ingredients: Corn, Corn Oil, Salt.

## Nutrition Facts

Serving Size 1 ounce (28g)

### Amount per Serving

**Calories 125    Calories From Fat 38    % Daily Value**

**Total Fat 4 g 7 %**

**Saturated Fat 1 g 3 %**

**Cholesterol 0 mg 0 %**

**Sodium 154 mg 6 %**

**Total Carbohydrate 20 g 7 %**

**Dietary Fiber 2 g 8 %**

**Sugars 0 g**

**Protein 2 g    Trans Fat 0 g**

**Vitamin A 0 %    Vitamin C 0 %**

**Calcium 0 %    Iron 3 %**

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs.

# COUSCOUS FRENCH WHITE ORGANIC

France

Ingredients: Organic Wheat

## Nutrition Facts

Serving Size 1/3 ounce (62g)

### Amount per Serving

<b>Calories</b>	<b>230</b>	<b>Calories From Fat</b>	<b>2</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>45 g</b>		<b>15 %</b>
<b>Dietary Fiber</b>		<b>2 g</b>		<b>7 %</b>
<b>Sugars</b>		<b>4 g</b>		
<b>Protein</b>		<b>8 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>6 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# COUSCOUS FRENCH WHOLE WHEAT ORGANIC

France

Ingredients: Organic Whole Wheat

## Nutrition Facts

Serving Size ¼ Cup Dry 45g

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>		<b>0 g</b>	<b>0 %</b>	
Saturated Fat		0 g	0 %	
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>		<b>5 mg</b>	<b>0 %</b>	
<b>Total Carbohydrate</b>		<b>35 g</b>	<b>13 %</b>	
Dietary Fiber		2 g	7 %	
Sugars		.5 g		
<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>1 %</b>	<b>Iron</b>	<b>3 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# COUSCOUS PEARLED

Canada

Ingredients: Wheat

## Nutrition Facts

Serving Size 1/3 Cup dry 50 g

### Amount per Serving

<b>Calories 170</b>	<b>Calories from Fat 10</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>.5 g</b>	<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>39 g</b>	<b>13 %</b>
<b>Dietary Fiber</b>	<b>6 g</b>	<b>21 %</b>
<b>Sugars</b>	<b>0 g</b>	
<b>Protein</b>	<b>7 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A %</b>	<b>Vitamin C %</b>	
<b>Calcium %</b>	<b>Iron %</b>	

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your calorie needs



# FARRO ORGANIC

Italy

Ingredients: Organic Farro

## Nutrition Facts

Serving Size

Amount per Serving  $\frac{1}{4}$  Cup (45g)

<b>Calories</b>	<b>160 g</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>1 g</b>		<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>		<b>1 %</b>
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>	<b>32 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>	<b>3 g</b>		<b>11 %</b>
<b>Sugars</b>	<b>0 g</b>		
<b>Protein</b>	<b>7 g</b>	<b>Trans Fat</b>	<b>x g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>10 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# FLAX SEEDS ORGANIC

USA

Ingredients: Organic Flax Seeds

## Nutrition Facts

Serving Size 3 tbsp (30g)

### Amount per Serving

<b>Calories</b> 160	<b>Calories from Fat</b> 90	<b>% Daily Value</b>
<b>Total Fat</b>	<b>10 g</b>	<b>16 %</b>
Saturated Fat	1 g	5 %
<b>Cholesterol</b>	<b>10 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>3 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>10 g</b>	<b>3 %</b>
Dietary Fiber	9 g	34 %
Sugars	0 g	
<b>Protein</b>	<b>8 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 6 %</b>	<b>Iron 10 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs:



# GRANOLA APPLE RAISIN WALNUT ORGANIC

Ingredients: Organic Whole Rolled Oats, Organic Apple Juice Concentrate, Organic Expeller Pressed Canola Oil, Organic Raisins, Organic Walnuts, Organic Sunflower Seeds, Organic Apples, Organic Oat Flour, Organic Cinnamon. Certified organic by Quality Assurance International (QAI). Contains walnuts.

## Nutrition Facts

Serving Size  $\frac{1}{2}$  cup (52g)

### Amount per Serving

<b>Calories</b>	<b>230</b>	<b>Calories from Fat</b>	<b>70</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>8 g</b>		<b>13 %</b>
<b>Saturated Fat</b>		<b>1 g</b>		<b>4 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>60 mg</b>		<b>3 %</b>
<b>Total Carbohydrate</b>		<b>33 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>4 g</b>		<b>14 g</b>
<b>Sugars</b>		<b>9 g</b>		
<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>8 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs







# GRANOLA

## GOLDEN TEMPLE GINGERSNAP

Ingredients: Rolled Oats, Organic Evaporated Cane Juice, Expeller Pressed Canola Oil, Crisp Rice (Milled Rice, Evaporated Cane Juice, Salt, Barley Malt Syrup), Honey, Cornstarch, Organic Ginger Root, Sea Salt, Organic Cinnamon Bark, Epazote Leaf, Organic Cardamom Seed, Organic Fennel Seed, Organic Fenugreek Seed, and Organic Nutmeg.

### Nutrition Facts

Serving Size 30 g

### Amount per Serving

<b>Calories</b>	<b>136</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>4 g</b>	<b>5 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>38 mg</b>	<b>2 %</b>
<b>Total Carbohydrate</b>		<b>22 g</b>	<b>8 %</b>
<b>Dietary Fiber</b>		<b>2 g</b>	<b>6 %</b>
<b>Sugars</b>		<b>8 g</b>	
<b>Protein</b>		<b>3 g</b>	<b>Trans Fat</b> <b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>%</b>
<b>Calcium</b>	<b>1 %</b>	<b>Iron</b>	<b>4 %</b>

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# GRANOLA MUESLI

## ORGANIC

Ingredients: (UNSWEETENED) Organic whole rolled oats, organic raisins, organic whole rolled wheat, organic date pieces with organic oat flour, organic walnuts, organic almonds.

### Nutrition Facts

Serving Size 53 g

Amount per Serving

<b>Calories</b>	<b>200</b>	<b>Calories From Fat</b>	<b>30</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>3.5</b>		<b>5 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>40 mg</b>		<b>2 %</b>
<b>Total Carbohydrate</b>		<b>38 g</b>		<b>13 %</b>
<b>Dietary Fiber</b>		<b>5 g</b>		<b>20 %</b>
<b>Sugars</b>		<b>8 g</b>		
<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>2 %</b>	<b>Vitamin C</b>		<b>0 %</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>		<b>15 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

# GRANOLA RASPBERRY CACAO

Ingredients: Organic Rolled Oats, Organic Brown & White Rice Crisp, Organic Cane Sugar, Sea Salt, Organic Cranberries (Organic Evaporated Cane Juice, Organic Sunflower Oil), Organic Golden Flaxseed, Organic Amaranth, Organic Cacao, Organic Tapioca Syrup, Organic Raspberry Flavor concentrate (Organic Gum Acacia, Organic Cane Sugar, Natural Flavors, and Citric Acid), Filtered Water

## Nutrition Facts

Serving Size (30g)

### Amount per Serving

<b>Calories</b>	<b>110</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>		<b>1 g</b>	<b>1 %</b>	
Saturated Fat		.2 g	1 %	
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>		<b>20 mg</b>	<b>1 %</b>	
<b>Total Carbohydrate</b>		<b>24 g</b>	<b>9 %</b>	
Dietary Fiber		2 g	7 %	
Sugars		9 g		
<b>Protein</b>		<b>2 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# KASHA ORGANIC

USA

Ingredients: 100% Pure Buckwheat, No Additiv., Fortif. or Preservat.

## Nutrition Facts

Serving Size  $\frac{1}{4}$  Cup 45 g

### Amount per Serving

<b>Calories 170</b>	<b>Calories from Fat 5</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>1 g</b>	<b>1 %</b>
Saturated Fat	0 g	0 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>10 mg</b>	<b>0 %</b>
<b>Potassium</b>	<b>220 mg</b>	<b>6 %</b>
<b>Total Carbohydrate</b>	<b>35 g</b>	<b>12 %</b>
Dietary Fiber	2 g	10 %
Sugars	0 g	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 0 %</b>	<b>Iron 8 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
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# LENTIL BLACK BELUGA ORGANIC

Canada

Ingredients: Organic Black Beluga Lentils

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories From Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>.5 g</b>		<b>1 %</b>
Saturated Fat		0 g		0 %
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>30 g</b>		<b>11 %</b>
Dietary Fiber		9 g		36 %
Sugars		0 g		
<b>Protein</b>		<b>13 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>20 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.



# LENTILS GREEN ORGANIC

USA

Ingredients: Organic Green Lentils

## Nutrition Facts

Serving Size ¼ Cup 48 g

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories from Fat</b>	<b>100</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0 g</b>		<b>17 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>8 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0%</b>
<b>Total Carbohydrate</b>		<b>27 g</b>		<b>9 %</b>
<b>Dietary Fiber</b>		<b>6 g</b>		<b>21 %</b>
<b>Sugars</b>		<b>3 g</b>		
<b>Protein</b>		<b>13 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>4 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>25 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs

# LENTIL FRENCH ORGANIC

Canada

Ingredients: Organic French Indigo Lentils

## Nutrition Facts

Serving Size ¼ Cup 46 g

### Amount per Serving

<b>Calories 160</b>	<b>Calories from Fat 5</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>.5 g</b>		<b>1 %</b>
Saturated Fat	0 g		0 %
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>5 mg</b>		<b>6 %</b>
<b>Total Carbohydrate</b>	<b>29 g</b>		<b>10 %</b>
Dietary Fiber	7 g		30 %
Sugars	3 g		
<b>Protein</b>	<b>10 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>4 %</b>
<b>Calcium</b>	<b>8 %</b>	<b>Iron</b>	<b>15 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs





# KASHA ORGANIC

USA

Ingredients: 100% Pure Buckwheat, No Additiv., Fortif. or Preservat.

## Nutrition Facts

Serving Size  $\frac{1}{4}$  Cup 45 g

### Amount per Serving

<b>Calories 170</b>	<b>Calories from Fat 5</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>1 g</b>	<b>1 %</b>
Saturated Fat	0 g	0 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>10 mg</b>	<b>0 %</b>
<b>Potassium</b>	<b>220 mg</b>	<b>6 %</b>
<b>Total Carbohydrate</b>	<b>35 g</b>	<b>12 %</b>
Dietary Fiber	2 g	10 %
Sugars	0 g	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 0 %</b>	<b>Iron 8 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on your calorie needs



# LENTILS RED ORGANIC

USA/Turkey

Ingredients: Organic Red Lentils

## Nutrition Facts

Serving Size ¼ Cup 35 g

### Amount per Serving

<b>Calories 110</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>1 g</b>		<b>1 %</b>
<b>Saturated Fat</b>	<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>	<b>22 g</b>		<b>8 %</b>
<b>Dietary Fiber</b>	<b>4 g</b>		<b>14 %</b>
<b>Sugars</b>	<b>0 g</b>		
<b>Protein</b>	<b>8 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>15 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# MILLET ORGANIC

USA

Ingredients: Organic Millet

## Nutrition Facts

Serving Size 1 Cup

### Amount per Serving

<b>Calories</b>	<b>150</b>	<b>Calories from Fat</b>	<b>10</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1.5 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>4 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>34 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>3 g</b>		<b>12 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>5 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>20 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs





# MIXED NUTS ROASTED SALT

Kenya, Turkey, Mexico, Bolivia, USA

Ingredients: Cashews, Almonds, Brazil nuts, Blanched Filberts, Pecans, Canola Oil, Salt.

## Nutrition Facts

Serving Size ¼ cup (28g)

Amount per Serving

<b>Cal 190</b>	<b>Cal from Fat 130</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>15 g</b>	<b>23 %</b>	
Saturated Fat	2 g	10 %	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>	<b>40 mg</b>	<b>2 %</b>	
<b>Total Carbohydrate</b>	<b>8 g</b>	<b>3 %</b>	
Dietary Fiber	2g	8 %	
Sugars	2g		
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>	
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>6 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# OAT BRAN ORGANIC

Canada

Ingredients: Organic Oats

## Nutrition Facts

Serving Size 28 g

Amount per Serving

<b>Calories 70</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>2 g</b>	<b>3 %</b>	
<b>Saturated Fat</b>	<b>0.4 g</b>	<b>2 %</b>	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>	<b>1 mg</b>	<b>0 %</b>	
<b>Total Carbohydrate</b>	<b>19 g</b>	<b>7 %</b>	
<b>Dietary Fiber</b>	<b>4 g</b>	<b>16 %</b>	
<b>Sugars</b>	<b>0 g</b>		
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>	
<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>
<b>Calcium</b>	<b>1 %</b>	<b>Iron</b>	<b>9 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# OATS QUICK ORGANIC

USA

Ingredients: Organic Oats

## Nutrition Facts

Serving Size 28 g

### Amount per Serving

<b>Calories 110</b>	<b>Calories from Fat</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>2 g</b>	<b>3 %</b>	
Saturated Fat	0 g	0 %	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>	
<b>Total Carbohydrate</b>	<b>19 g</b>	<b>6 %</b>	
Dietary Fiber	3 g	12 %	
Sugars	0 g		
<b>Protein</b>	<b>4 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>6 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# OATS ROLLED ORGANIC

Canada

Ingredients: Organic Oats

## Nutrition Facts

Serving Size ½ Cup 41 g

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories from Fat</b>	<b>25</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>2.5 g</b>		<b>4 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>27 g</b>		<b>9 %</b>
<b>Dietary Fiber</b>		<b>4 g</b>		<b>16 %</b>
<b>Sugars</b>		<b>1 g</b>		
<b>Protein</b>		<b>7 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>10 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs







# OATS WHOLE GROATS ORGANIC

USA/CA

Ingredients: Organic Oats

## Nutrition Facts

Serving Size ¼ Cup (39g)

### Amount per Serving

<b>Calories</b>	<b>150</b>	<b>Calories From Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>3 g</b>		<b>4 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>26 g</b>		<b>9 %</b>
<b>Dietary Fiber</b>		<b>4 g</b>		<b>14 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>7 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>10 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.





# PEANUTS ROASTED IN SHELL NO SALT

USA

Ingredients: Peanuts

## Nutrition Facts

Serving Size 2/3 Cup 42 g

### Amount per Serving

<b>Calories</b>	<b>180</b>	<b>Calories from Fat</b>	<b>130</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>15 g</b>		<b>24 %</b>
<b>Saturated Fat</b>		<b>2 g</b>		<b>10 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>5 g</b>		<b>2 %</b>
<b>Dietary Fiber</b>		<b>2 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>1 g</b>		
<b>Protein</b>		<b>8 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>4 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# PEANUTS ROASTED NO SALT

USA

Ingredients: Red skin peanuts, pure canola oil.

## Nutrition Facts

Serving Size (30 g)

Amount per Serving

**Calories 170**   **Calories from Fat 120**   **% Daily Value**

**Total Fat**                      **15 g**                      **23 %**

**Saturated Fat**                **2 g**                      **11 %**

**Cholesterol**                 **0 mg**                    **0 %**

**Sodium**                        **0 mg**                    **0 %**

**Total Carbohydrate**      **5 g**                      **2 %**

**Dietary Fiber**                **2 g**                      **10 %**

**Sugars**                        **1 g**

**Protein**                        **8 g**      **Trans Fat**                **0 g**

**Vitamin A**    **0 %**                      **Vitamin C**    **0 %**

**Calcium**      **4 %**                      **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.





# PEPITAS RAW ORGANIC

China

Ingredients: Organic Raw Pepitas (Pumpkin seeds)

## Nutrition Facts

Serving Size 1 Tbsp (15g)

### Amount per Serving

**Calories 70**      **Calories from Fat 40**      **% Daily Value**

**Total Fat**                      **4.5 g**                      **7 %**

**Saturated Fat**                      **0 g**                      **0 %**

**Cholesterol**                      **0 mg**                      **0 %**

**Sodium**                      **0 mg**                      **0%**

**Total Carbohydrate**                      **7 g**                      **2 %**

**Dietary Fiber**                      **6 g**                      **24 %**

**Sugars**                      **0 g**

**Protein**                      **3 g**      **Trans Fat**                      **0 g**

**Vitamin A 0 %**                      **Vitamin C 0 %**

**Calcium 10 %**                      **Iron 8 %**

\*Percent Daily Values are based on a 2,000 Calorie diet.  
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your calorie needs



# PEPITAS ROASTED WITH SALT ORGANIC

China

Ingredients: Organic Roasted Pumpkin Seeds, Sea Salt

## Nutrition Facts

Serving Size ¼ Cup ( 30g)

### Amount per Serving

<b>Calories</b>	<b>180</b>	<b>Calories From Fat</b>	<b>130 g</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>14 g</b>		<b>22 %</b>
<b>Saturated Fat</b>		<b>4 g</b>		<b>18 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>130 mg</b>		<b>5 %</b>
<b>Total Carbohydrate</b>		<b>4 g</b>		<b>1 %</b>
<b>Dietary Fiber</b>		<b>3 g</b>		<b>12 %</b>
<b>Sugars</b>		<b>1 g</b>		
<b>Protein</b>		<b>9 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>2 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>15 %</b>	

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



**P**

# PISTACHIO NO SALT

USA

Ingredients: Pistachios, Canola Oil

## Nutrition Facts

Serving Size ¼ Cup shelled (30 g)

### Amount per Serving

**Calories 190    Calories from Fat 120    % Daily Value****Total Fat** 14 g 22 %

Saturated Fat 2 g 10 %

**Cholesterol** 0 mg 0 %**Sodium** 10 mg 0 %**Total Carbohydrate** 9 g 2 %

Dietary Fiber 3 g 10 %

Sugars 1 g

**Protein** 8 g    **Trans Fat** 0 g**Vitamin A** 2 %    **Vitamin C** 2 %**Calcium** 4 %    **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.



# PISTACHIO SALT

USA

Ingredients: Pistachios, Canola Oil, Salt

## Nutrition Facts

Serving Size 30 g

Amount per Serving

<b>Calories 180</b>	<b>Calories from Fat 130</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>13 g</b>	<b>20 %</b>
Saturated Fat	2 g	10 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>75 mg</b>	<b>3 %</b>
<b>Total Carbohydrate</b>	<b>8 g</b>	
Dietary Fiber	3 g	12 %
Sugars	2 g	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 2 %</b>	<b>Iron 4 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
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your calorie needs.



# POPCORN ORGANIC

USA

Ingredients: Organic Corn

## Nutrition Facts

Serving Size ¼ Cup 50 g

### Amount per Serving

<b>Calories</b>	<b>180</b>	<b>Calories from Fat</b>	<b>20</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>2.5 g</b>		<b>4 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>36 g</b>		<b>12 %</b>
<b>Dietary Fiber</b>		<b>6 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# QUINOA WHITE ORGANIC

Bolivia

Ingredients: Organic White Quinoa

## Nutrition Facts

Serving Size  $\frac{1}{4}$  Cup 43 g

### Amount per Serving

<b>Calories 160</b>	<b>Calories from Fat 20</b>	<b>% Daily Value</b>
<b>Total Fat</b>	<b>2.5 g</b>	<b>4 %</b>
Saturated Fat	0 g	0 %
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>28 g</b>	<b>10 %</b>
Dietary Fiber	3 g	10 %
Sugars	0 g	
<b>Protein</b>	<b>6 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 2 %</b>	<b>Iron 20 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs





# RICE ARBORIO ORGANIC USA

Ingredients: Organic Arborio Rice

## Nutrition Facts

Serving Size ¼ Cup 45 g

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories from Fat</b>	<b>10</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>35 g</b>		<b>12 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>5 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>0 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# RICE BROWN BASMATI ORGANIC

Thailand

Ingredients: Organic Brown Basmati Rice

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1.5 g</b>	<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>33 g</b>	<b>12 %</b>
<b>Dietary Fiber</b>		<b>2 g</b>	<b>7 %</b>
<b>Sugars</b>		<b>1 g</b>	
<b>Protein</b>		<b>4 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



# RICE BASMATI WHITE ORGANIC

India

Ingredients: Organic White Basmati Rice

## Nutrition Facts

Serving Size ¼ cup (45g)

### Amount per Serving

**Calories 165**   **Calories From Fat 5**   **% Daily Value**

**Total Fat** .5 g   **1 %**

**Saturated Fat** 0 g   **0 %**

**Cholesterol** 0 mg   **0 %**

**Sodium** 0 mg   **0 %**

**Total Carbohydrate** 36 g   **12 %**

**Dietary Fiber** 0 g   **0 %**

**Sugars** 0 g

**Protein** 3 g   **Trans Fat** 0 g

**Vitamin A** 0 %   **Vitamin C** 0 %

**Calcium** 0 %   **Iron** 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.





# RICE CRACKER MIX

China

Ingredients: Glutinous rice, Soy sauce (water, soybeans, wheat and salt), Sugar, Seaweed, Sesame seed, Paprika extract, Chili powder.

## Nutrition Facts

Serving Size 2/3 cup (30g)

### Amount per Serving

**Calories 110** **Calories From Fat 0** **% Daily Value**

**Total Fat** 0 g 0 %

**Saturated Fat** 0 g 0 %

**Cholesterol** 0 mg 0 %

**Sodium** 120 mg 5 %

**Total Carbohydrate** 24 g 8 %

**Dietary Fiber** 1 g 4 %

**Sugars** 1 g

**Protein** 2 g **Trans Fat** 0 g

**Vitamin A** 0 % **Vitamin C** 0 %

**Calcium** 2 % **Iron** 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.



# RICE FORBIDDEN BLACK ORGANIC

China

Ingredients: Organic Black Rice

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>150</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1.5 g</b>	<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>33 g</b>	<b>12 %</b>
<b>Dietary Fiber</b>		<b>3 g</b>	<b>11 %</b>
<b>Sugars</b>		<b>0 g</b>	
<b>Protein</b>		<b>4 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# RICE JASMINE BROWN ORGANIC

Thailand

Ingredients: Organic Brown Jasmine Rice

## Nutrition Facts

Serving Size 1/3 Cup (60g Dry)

Amount per Serving

<b>Calories</b>	<b>230</b>	<b>Calories from Fat</b>	<b>0</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>47 g</b>		<b>16 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>5 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>5 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# RICE JASMINE WHITE ORGANIC

Thailand

Ingredients: Organic White Jasmine Rice

## Nutrition Facts

Serving Size ¼ Cup 48 g

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories from Fat</b>	<b>0</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>38 g</b>		<b>13 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>2 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>3 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>2 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# RICE LONG GRAIN BROWN ORGANIC

USA

Ingredients: Organic Brown Rice

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>170</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1.5 g</b>	<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>34 g</b>	<b>12 %</b>
<b>Dietary Fiber</b>		<b>2 g</b>	<b>7 %</b>
<b>Sugars</b>		<b>0 g</b>	
<b>Protein</b>		<b>13 g</b>	<b>Trans Fat</b> <b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>6 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.



# RICE LONG GRAIN WHITE ORGANIC

USA

Ingredients: Organic White Rice



## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>36 g</b>	<b>13 %</b>
<b>Dietary Fiber</b>		<b>0 g</b>	<b>0 %</b>
<b>Sugars</b>		<b>0 g</b>	
<b>Protein</b>		<b>4 g</b>	<b>Trans Fat</b> <b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>0 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# RICE SHORT GRAIN BROWN

Japan

Ingredients: Organic Brown Rice

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

**Calories 150** **Calories From Fat 10** **% Daily Value**

**Total Fat** 1.5 g 2 %

Saturated Fat 0 g 0 %

**Cholesterol** 0 mg 0 %

**Sodium** 0 mg 0 %

**Total Carbohydrate** 35 g 12 %

Dietary Fiber 3 g 12 %

Sugars 0 g

**Protein** 3 g **Trans Fat** 0 g

**Vitamin A** 0 % **Vitamin C** 0 %

**Calcium** 0 % **Iron** 4 %

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

# RICE SUSHI

Japan

Ingredients: White Sushi Rice

## Nutrition Facts

Serving Size ¼ Cup 45 g

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories from Fat</b>	<b>10</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>		<b>2 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>		<b>0 %</b>
<b>Total Carbohydrate</b>		<b>35 g</b>		<b>12 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>5 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>0 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs







# RICE WILD

USA

Ingredients: Wild Rice

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>5</b>	<b>% Daily Value</b>
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<b>Total Fat</b>		<b>.5 g</b>		<b>1 %</b>
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<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
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<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
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<b>Sodium</b>		<b>15 mg</b>		<b>1 %</b>
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<b>Potassium</b>		<b>110 mg</b>		<b>3 %</b>
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<b>Total Carbohydrate</b>		<b>35 g</b>		<b>12 %</b>
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<b>Dietary Fiber</b>		<b>3 g</b>		<b>12 %</b>
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<b>Sugars</b>		<b>0 g</b>		
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<b>Protein</b>		<b>6 g</b>	<b>Trans Fat</b>	<b>0 g</b>
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<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
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<b>Calcium</b>	<b>0 %</b>	<b>Iron</b>	<b>2 %</b>	
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\*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs.



# SPLIT PEAS GREEN ORGANIC

Canada

Ingredients: Organic Split Green Peas

## Nutrition Facts

Serving Size ¼ Cup 54 g

### Amount per Serving

<b>Calories</b>	<b>180</b>	<b>Calories from Fat</b>	<b>5</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>0.5 g</b>		<b>1 %</b>
<b>Saturated Fat</b>		<b>0 g</b>		<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>20 mg</b>		<b>1 %</b>
<b>Total Carbohydrate</b>		<b>33 g</b>		<b>11 %</b>
<b>Dietary Fiber</b>		<b>8 g</b>		<b>28 %</b>
<b>Sugars</b>		<b>5 g</b>		
<b>Protein</b>		<b>15 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>4 %</b>	<b>Iron</b>	<b>15 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# SPLIT PEAS YELLOW ORGANIC

Canada

Ingredients: Organic Split Yellow Peas

## Nutrition Facts

Serving Size ¼ Cup 49 g

### Amount per Serving

<b>Calories 200</b>	<b>Calories from Fat 5</b>	<b>% Daily Value</b>	
<b>Total Fat</b>	<b>0.5 g</b>	<b>1 %</b>	
<b>Saturated Fat</b>	<b>0 g</b>	<b>0 %</b>	
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>	
<b>Sodium</b>	<b>10 mg</b>	<b>0 %</b>	
<b>Total Carbohydrate</b>	<b>36 g</b>	<b>12 %</b>	
<b>Dietary Fiber</b>	<b>4 g</b>	<b>17 %</b>	
<b>Sugars</b>	<b>4 g</b>		
<b>Protein</b>	<b>13 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>2 %</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>15 %</b>

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs



# SUNFLOWER SEEDS HULLED ROASTED NO SALT

USA

Ingredients: Sunflower Seeds, Canola Oil

## Nutrition Facts

Serving Size ¼ Cup (28g)

### Amount per Serving

**Calories 180 g    Calories From Fat 130 g    % Daily Value**

**Total Fat** 14 g x %

**Saturated Fat** 1.5 g x %

**Cholesterol** 0 mg x %

**Sodium** 0 mg x %

**Total Carbohydrate** 8 g x %

**Dietary Fiber** 2 g x %

**Sugars** >1 g

**Protein** 7 g      **Trans Fat** 0 g

**Vitamin A** 0 %      **Vitamin C** 0 %

**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.





# SESAME SEEDS ORGANIC UNHULLED

India/Pakistan

Ingredients: Sesame Seeds

## Nutrition Facts

Serving Size 1 oz. (26g)

Amount per Serving

**Calories 160    Calories from Fat 130    % Daily Value**

**Total Fat** 14g **26 %**

Saturated Fat 2.5 g **10 %**

**Cholesterol** 0 mg **0 %**

**Sodium** 3 mg **0 %**

**Total Carbohydrate** 6 g **2 %**

Dietary Fiber 3 g **12 %**

Sugars 0 g

**Protein** 5 g **Trans Fat** 0 g

**Vitamin A** 0 % **Vitamin C** 0 %

**Calcium** 40 % **Iron** 20 %

\*Percent Daily Values are based on a 2,000 Calorie diet.

Your daily values may be higher or lower depending on your calorie needs:



# SESAME STICKS SALTED

USA

Ingredients: Enriched Wheat Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sesame Seeds, Bulgur Wheat, Salt, Beet Powder (Color), Turmeric (Color)

## Nutrition Facts

Serving Size 28g

Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories from Fat</b>	<b>100</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>11 g</b>		<b>17 %</b>
<b>Saturated Fat</b>		<b>1.5 g</b>		<b>8 %</b>
<b>Cholesterol</b>		<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>		<b>420 mg</b>		<b>17 %</b>
<b>Total Carbohydrate</b>		<b>13 g</b>		<b>4 %</b>
<b>Dietary Fiber</b>		<b>1 g</b>		<b>4 %</b>
<b>Sugars</b>		<b>0 g</b>		
<b>Protein</b>		<b>3 g</b>	<b>Trans Fat</b>	<b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>	
<b>Calcium</b>	<b>6 %</b>	<b>Iron</b>	<b>8 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on your calorie needs





# WALNUTS RAW

USA

Ingredients: Raw Walnuts

## Nutrition Facts

Serving Size ¼ cup (28g)

Amount per Serving

**Calories 210**   **Calories from Fat 180**   **% Daily Value**

<b>Total Fat</b>	<b>20 g</b>	<b>31 %</b>
<b>Saturated Fat</b>	<b>1.5 g</b>	<b>8 %</b>
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>	<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>	<b>3 g</b>	<b>1 %</b>
<b>Dietary Fiber</b>	<b>2 g</b>	<b>8 %</b>
<b>Sugars</b>	<b>2 g</b>	
<b>Protein</b>	<b>5 g</b>	<b>Trans Fat 0 g</b>
<b>Vitamin A 0 %</b>	<b>Vitamin C 0 %</b>	
<b>Calcium 2 %</b>	<b>Iron 6 %</b>	

\*Percent Daily Values are based on a 2,000 Calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.



# WHEAT BERRIES ORGANIC

USA

Ingredients: Organic Wheat Berries

## Nutrition Facts

Serving Size ¼ Cup (45g)

### Amount per Serving

<b>Calories</b>	<b>160</b>	<b>Calories From Fat</b>	<b>% Daily Value</b>
<b>Total Fat</b>		<b>1 g</b>	<b>1 %</b>
<b>Saturated Fat</b>		<b>0 g</b>	<b>0 %</b>
<b>Cholesterol</b>		<b>0 mg</b>	<b>0 %</b>
<b>Sodium</b>		<b>0 mg</b>	<b>0 %</b>
<b>Total Carbohydrate</b>		<b>32 g</b>	<b>12 %</b>
<b>Dietary Fiber</b>		<b>6 g</b>	<b>21 %</b>
<b>Sugars</b>		<b>&lt;1 g</b>	
<b>Protein</b>		<b>7 g</b>	<b>Trans Fat</b> <b>0 g</b>
<b>Vitamin A</b>	<b>0 %</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>2 %</b>	<b>Iron</b>	<b>10 %</b>

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.



# YEAST FLAKES

USA

Ingredients: Dried Yeast, Niacin, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Riboflavin, Folic Acid, Cyanocobalamin

## Nutrition Facts

Serving Size 16 g

Amount per Serving

Calories 62	Calories from Fat	% Daily Value
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<b>Total Fat</b>	.6 g	%
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<b>Cholesterol</b>	0 mg	%
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<b>Sodium</b>	5 mg	%
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<b>Total Carbohydrate</b>	6 g	%
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Dietary Fiber	0 g	%
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Pyridoxine (B6)	9600 mcg
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Niacin	58800 mcg
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Riboflavin + Thiamin	10080 mcg
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Potassium	320 mg
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B-12	8 mcg
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Sugars	0 g
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<b>Protein</b>	<b>8 g</b>	<b>Trans Fat</b>	<b>0 g</b>
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<b>Vitamin A</b>	<b>%</b>	<b>Vitamin C</b>	<b>%</b>
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<b>Calcium</b>	<b>%</b>	<b>Iron</b>	<b>%</b>
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