

**CALORIE CONTROL  
BRAND** ®

**BERNARD FOOD INDUSTRIES, INC.**  
EVANSTON, IL • TOLL FREE: 1-800-323-3663

**LOW FAT                      REDUCED CALORIE**

# **CHOCOLATE PUDDING DESSERT MIX**

REORDER 520063

Our puddings are not only reduced calorie, but since no salt is added, they can be used for sodium-controlled diets.

Many other diet puddings on the market require the addition of milk which raises the calorie count 30% to 40% higher than the calorie count of **Calorie Control® Puddings**. **Calorie Control® Puddings** require only the addition of water.

**Calorie Control® Puddings** topped with **Calorie Control® Whipped Topping** are not only attractive to the eye and delightful tasting dessert for patients in health care and retirement establishments, and is also the perfect dessert for use in casinos, restaurants, hotels, employee feeding, etc., where more people are counting calories every day.

Diabetic Exchange: A ½ cup serving is approximately equal to ½ low-fat milk exchange

**Gluten Free**

**YIELD PER CASE: 312 - ½ cup servings**

**PACK SIZE: 12 @ 16 oz.**

## **Nutrition Facts**

26 servings per container

**Serv. size 1/2 cup prepared (17g mix)**

**Amount per serving**

**Calories 70**

**% Daily Value\***

**Total Fat** 2.5g **3%**

Saturated Fat 1g **4%**

*Trans* Fat 0g

**Cholesterol** <5mg **1%**

**Sodium** 150mg **7%**

**Total Carbohydrate** 10g **4%**

Dietary Fiber 1g **5%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 150mg 12%

Iron 1mg 6%

Potassium 210mg 5%

\* 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.

Ingredients: Whey Protein Concentrate, Modified Corn Starch, Cocoa (Processed With Alkali), Shortening Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Monoglycerides, Sodium Silicoaluminate), Calcium Sulfate, Sodium Alginate, Tetrasodium Pyrophosphate, Sunflower Oil, Emulsifier (Mono And Diglycerides, Nonfat Milk Solids, Modified Corn Starch), Titanium Dioxide (Color), Artificial Flavor, Acesulfame Potassium, Natural Flavor, Sucralose. Contains Milk

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