



**BERNARD**  
FOOD INDUSTRIES, INC.®

**HI PROTEIN  
FARINA MIX**

REORDER 219205

A specially-formulated product that can easily be prepared with either water or milk.

Each 27.5 ounce package will yield 13 - 1 cup servings.

Excellent for use in all healthcare establishments, especially so for geriatric feeding or for those instances where additional nourishment is required.

YIELD PER CASE: 104 – 7/8 cup servings

PACK SIZE: 8 @ 27.5 oz.

**Nutrition Facts**

13 servings per container

**Serving size 7/8 cup prepared (60g Mix)**

Amount/serving	Mix with water	Prepared with milk
<b>Calories</b>	<b>240</b>	<b>320</b>
	% DV*	% DV*
<b>Total Fat</b>	6g <b>8%</b>	11g <b>14%</b>
Saturated Fat	.5g <b>4%</b>	4g <b>21%</b>
Trans Fat	0g	0g
<b>Cholesterol</b>	<5mg <b>1%</b>	24mg <b>8%</b>
<b>Sodium</b>	220mg <b>9%</b>	280mg <b>12%</b>
<b>Total Carb.</b>	40g <b>15%</b>	46g <b>17%</b>
Dietary Fiber	4g <b>14%</b>	4g <b>14%</b>
Total Sugars	11g	17g
Incl. Added Sugars	4g <b>8%</b>	4g <b>8%</b>
<b>Protein</b>	9g	14g
Vitamin D	0mcg 0%	0mcg 0%
Calcium	140mg 11%	310mg 24%
Iron	1mg 6%	1mg 6%
Potassium	170mg 4%	390mg 8%

\* 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 : Enriched Farina (Farina, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whey Protein Concentrate, Sugar, Maltodextrin, Sunflower Oil, Calcium Caseinate, Powdered Cellulose, Silicon Dioxide, Salt, Artificial Flavor.  
Contains Milk, Wheat