



Local Oven  
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| Local Oven Product Spec Sheet - Food Service   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
|--|----------------|--------------------------|----------------|----------------|-------|-----------------|--|--|--|--|--|--|--|--------------------------|--|--|--|--------------------|--|--|--|-----------------|-----|--------------------------|----|--|--|----------------|--|------------------|----|--|-----------|---------------|----|--|-----------|-----------|----|--|--|--------------------|-----|--|-----------|---------------|------|--|-----------|---------------------------|-----|--|------------|---------------|----|--|------------|--------|-----|--|--|-------------------|--|--|--|-----------|-----|---|----------------|---------|-----|---|----------|--|--|--|--|--|--|----------|----------------|-----------|-----------|-----|-----|---------------|-----------|-----|-----|-------------|-----------|-------|--------|--------|-----------|---------|---------|--------------------|--|------|------|---------------|--|-----|-----|--------------------|--|--|--|------------------------------------|--|--|--|
| Product ID: 40001 - Biscotti - Chocolate Chip - Gluten Free - 10"  |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| UNIT QUANTITY/CASE   | 36             | UNIT SIZE                | 10"            | PACKAGE LENGTH | 11.5" |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| AMBIENT SHELF LIFE   | 30 days        | PALLET COUNT             | 162            | PACKAGE WIDTH  | 2.5"  |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| REFRIGERATED SHELF LIFE  | 30 days        | PALLET HIGH              | 18             | PACKAGE HEIGHT | 1"    |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| FROZEN SHELF LIFE  | 12 months      | PALLET TIE               | 9              | CASE WIDTH     | 12"   |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| CASE GROSS WEIGHT  | 5.85 lbs       | CASE NET WEIGHT          | 5.25 lbs       | CASE HEIGHT    | 4"    |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| CASE UPC   | 10854978003061 | CASE CUBE                | 0.33           | CASE LENGTH    | 12"   |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>GENERAL DESCRIPTION:</b><br>Frozen biscotti, individually vacuum sealed and 12 month freezer life. No preservatives. Kosher Parve - Orthodox Union.   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>INGREDIENT STATEMENT:</b><br>GLUTEN FREE, DAIRY FREE, SOY FREE, NON-GMO<br>Ingredients:<br>Amaranth flour, chocolate chips (sugar, unsweetened chocolate, cocoa butter, soy lecithin-an emulsifier, vanilla), sugar, almond flour, tapioca flour, corn starch, eggs, citrafiber, baking powder, vanilla extract, orange zest, salt.   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>PREPARATION AND COOKING INSTRUCTIONS:</b><br>Product should remain frozen for maximum freezer life.   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>ADDITIONAL SPECIFICATIONS:</b>  |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <table border="1"> <thead> <tr> <th colspan="4">Nutrition Facts</th> </tr> <tr> <td colspan="4">Serving Size 1 Biscotti 2.75 oz. (78g)</td> </tr> <tr> <td colspan="4">Servings Per Container 6</td> </tr> <tr> <th colspan="4">Amount Per Serving</th> </tr> <tr> <td><b>Calories</b></td> <td>230</td> <td><b>Calories from Fat</b></td> <td>45</td> </tr> <tr> <td colspan="2"></td> <td colspan="2" style="text-align: right;">% Daily Value*</td> </tr> <tr> <td><b>Total Fat</b></td> <td>5g</td> <td></td> <td><b>8%</b></td> </tr> <tr> <td>  Saturated Fat</td> <td>0g</td> <td></td> <td><b>0%</b></td> </tr> <tr> <td>  Trans Fat</td> <td>0g</td> <td></td> <td></td> </tr> <tr> <td><b>Cholesterol</b></td> <td>0mg</td> <td></td> <td><b>0%</b></td> </tr> <tr> <td><b>Sodium</b></td> <td>45mg</td> <td></td> <td><b>2%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b></td> <td>53g</td> <td></td> <td><b>18%</b></td> </tr> <tr> <td>  Dietary Fiber</td> <td>3g</td> <td></td> <td><b>12%</b></td> </tr> <tr> <td>  Sugars</td> <td>20g</td> <td></td> <td></td> </tr> <tr> <td colspan="4"><b>Protein 5g</b></td> </tr> <tr> <td>Vitamin A</td> <td>15%</td> <td>•</td> <td>Vitamin C 110%</td> </tr> <tr> <td>Calcium</td> <td>10%</td> <td>•</td> <td>Iron 15%</td> </tr> <tr> <td colspan="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:</td> </tr> <tr> <td></td> <td></td> <td>Calories</td> <td>2,000    2,500</td> </tr> <tr> <td>Total Fat</td> <td>Less Than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td>Saturated Fat</td> <td>Less Than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less Than</td> <td>300mg</td> <td>300 mg</td> </tr> <tr> <td>Sodium</td> <td>Less Than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> <tr> <td colspan="4">Calories per gram:</td> </tr> <tr> <td colspan="4">Fat 9 • Carbohydrate 4 • Protein 4</td> </tr> </thead></table> |                |                          |                |                |       | Nutrition Facts |  |  |  | Serving Size 1 Biscotti 2.75 oz. (78g) |  |  |  | Servings Per Container 6 |  |  |  | Amount Per Serving |  |  |  | <b>Calories</b> | 230 | <b>Calories from Fat</b> | 45 |  |  | % Daily Value* |  | <b>Total Fat</b> | 5g |  | <b>8%</b> | Saturated Fat | 0g |  | <b>0%</b> | Trans Fat | 0g |  |  | <b>Cholesterol</b> | 0mg |  | <b>0%</b> | <b>Sodium</b> | 45mg |  | <b>2%</b> | <b>Total Carbohydrate</b> | 53g |  | <b>18%</b> | Dietary Fiber | 3g |  | <b>12%</b> | Sugars | 20g |  |  | <b>Protein 5g</b> |  |  |  | Vitamin A | 15% | • | Vitamin C 110% | Calcium | 10% | • | Iron 15% | *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: |  |  |  |  |  | Calories | 2,000    2,500 | Total Fat | Less Than | 65g | 80g | Saturated Fat | Less Than | 20g | 25g | Cholesterol | Less Than | 300mg | 300 mg | Sodium | Less Than | 2,400mg | 2,400mg | Total Carbohydrate |  | 300g | 375g | Dietary Fiber |  | 25g | 30g | Calories per gram: |  |  |  | Fat 9 • Carbohydrate 4 • Protein 4 |  |  |  |
| Nutrition Facts  |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Serving Size 1 Biscotti 2.75 oz. (78g)   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Servings Per Container 6   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Amount Per Serving   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Calories</b>  | 230            | <b>Calories from Fat</b> | 45             |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
|  |                | % Daily Value*           |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Total Fat</b>   | 5g             |                          | <b>8%</b>      |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Saturated Fat  | 0g             |                          | <b>0%</b>      |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Trans Fat  | 0g             |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Cholesterol</b>   | 0mg            |                          | <b>0%</b>      |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Sodium</b>  | 45mg           |                          | <b>2%</b>      |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Total Carbohydrate</b>  | 53g            |                          | <b>18%</b>     |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Dietary Fiber  | 3g             |                          | <b>12%</b>     |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Sugars   | 20g            |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| <b>Protein 5g</b>  |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Vitamin A  | 15%            | •                        | Vitamin C 110% |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Calcium  | 10%            | •                        | Iron 15%       |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
|  |                | Calories                 | 2,000    2,500 |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Total Fat  | Less Than      | 65g                      | 80g            |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Saturated Fat  | Less Than      | 20g                      | 25g            |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Cholesterol  | Less Than      | 300mg                    | 300 mg         |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Sodium   | Less Than      | 2,400mg                  | 2,400mg        |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Total Carbohydrate   |                | 300g                     | 375g           |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Dietary Fiber  |                | 25g                      | 30g            |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Calories per gram:   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |
| Fat 9 • Carbohydrate 4 • Protein 4   |                |                          |                |                |       |                 |  |  |  |  |  |  |  |                          |  |  |  |                    |  |  |  |                 |     |                          |    |  |  |                |  |                  |    |  |           |               |    |  |           |           |    |  |  |                    |     |  |           |               |      |  |           |                           |     |  |            |               |    |  |            |        |     |  |  |                   |  |  |  |           |     |   |                |         |     |   |          |  |  |  |  |  |  |          |                |           |           |     |     |               |           |     |     |             |           |       |        |        |           |         |         |                    |  |      |      |               |  |     |     |                    |  |  |  |                                    |  |  |  |