

**CALORIE CONTROL  
BRAND** ®

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

LOW FAT

REDUCED CALORIE

**LEMON  
PUDDING DESSERT MIX**

REORDER 520121

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: 156 - ½ cup servings

PACK SIZE: 12 @ 8 oz.

**Nutrition Facts**

13 servings per container

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

**Amount per serving**

**Calories 70**

**% Daily Value\***

**Total Fat 2.5g 4%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol <5mg 1%**

**Sodium 170mg 7%**

**Total Carbohydrate 9g 3%**

Dietary Fiber <1g **1%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 150mg 12%

Iron 0mg 0%

Potassium 170mg 4%

\* 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, Shortening Powder (Palm Oil, Corn Syrup Solids, Sodium Caseinate, Dipotassium Phosphate, Monoglycerides, Sodium Silicoaluminate), Sodium Alginate, Tetrasodium Pyrophosphate, Calcium Sulfate, Sunflower Oil, Emulsifier (Mono And Diglycerides, Nonfat Milk Solids, Modified Corn Starch), Titanium Dioxide (Color), Natural Flavor, Acesulfame Potassium, Sucralose, Yellow #5.  
Contains Milk