

CALORIE CONTROL BRAND



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

LOW SODIUM

SUGAR FREE

LOW FAT

CHOCOLATE MILK SHAKE MIX

REORDER 421083

Great News...Great Shakes!

Calorie Control® brand Reduced Calorie Milk Shake Mixes

Calorie Control® brand reduced calorie Milk Shake Mixes, are available in Chocolate and Vanilla Flavors. Calorie Control® Milk Shake Mixes are low-fat, sugar-free, and low-sodium making them ideal for individuals on restricted diets, or anyone concerned with fat, sugar, and sodium intake.

For added variety and nutritional value, try adding a half cup of fruit to every eight ounce serving to either of our classic flavors. Some of our favorite flavor combinations are:

Chocolate-Banana Vanilla-Strawberry-Blueberry
Chocolate-Coconut
Vanilla-Pineapple-Coconut Chocolate-Raspberry
Vanilla-Peach

Our Vanilla Flavor Shake Mix can also be used as a meal replacement, just blend in cottage cheese or bananas.

Calorie Control® Milk Shake Mixes are convenient and easy to prepare - just add skim milk, whip, and serve. Each can also lists directions for individual servings. Just store resealed can until next use.

Gluten Free

YIELD PER CASE: 192 – 1 cup servings

PACK SIZE: 6 @ 12 oz.

Nutrition Facts

Serving Size 1cup prepared (11g mix)
Servings Per Container 32

| Amount Per Serving | Mix | Mix Plus Skim Milk |
|--------------------|-----|-----------------------|
| Calories | 50 | 130 |
| Calories From Fat | 25 | 25 |
| % Daily Value ** | | |
| Total Fat 2.5g* | 4% | 4% |
| Saturated Fat 2g | 10% | 11% |
| Trans Fat 0g | | |
| Cholesterol 0mg | 0% | 2% |
| Sodium 10mg | 0% | 4% |
| Potassium 115mg | 3% | 14% |
| Total | | |
| Carbohydrate 6g | 2% | 6% |
| Fiber 1g | 6% | 6% |
| Sugars 0g | | |
| Protein 1g | | 2% |
| Vitamin A | 0% | 10% |
| Vitamin C | 0% | 0% |
| Calcium | 0% | 30% |
| Iron | 8% | 8% |

* Amount in mix.

** 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 |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Ingredients: Whipping Base (Hydrogenated Palm Kernel Oil, Maltodextrin, Mono And Diglycerides, Lactic And Fatty Acids Of Glycerol, Sodium Caseinate, Dipotassium Phosphate), Cocoa (Processed With Alkali), Maltodextrin, Xanthan Gum, Carrageenan, Silicon Dioxide, Artificial Flavor, Acesulfame Potassium, Sucralose.
Contains Milk

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Evanston, IL 60204-1497 1-800-323-3663