

**CALORIE CONTROL
BRAND** ®

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

LOW SODIUM

LOW FAT

SUGAR FREE

**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 re-sealed can until next use.

Gluten Free

YIELD PER CASE: 288 – 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%	18%
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 KERNAL 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