CALORIE CONTROL BRAND ®

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

LOW SODIUM **SUGAR FREE**

LOW FAT

ARTIFICIALLY FLAVORED

VANILLA MILK SHAKE MIX

REORDER 421103

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

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	20	20
	% Daily Value **	
Total Fat 2g*	3%	4%
Saturated Fat 2g	10%	10%
Trans Fat 0g		
Cholesterol 0mg	0%	2%
Sodium 10mg	0%	4%
Potassium 20mg	1%	11%
Total Carbohydrate 8g	3%	7%
Fiber 0g	1%	1%
Sugars 0g		
Protein 0g	1%	16%
Vitamin A	0%	10%
Vitamin C	0%	0%
Calcium	0%	30%
Iron	0%	0%

* 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

YIELD PER CASE: 288 – 1 cup servings

PACK SIZE: 6 @ 12 oz.

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

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