CALORIE CONTROL
BRAND ®

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

LOW FAT **LOW SODIUM**
REDUCED CALORIE

ARTIFICIAL FLAVORED

VANILLA CUSTARD MIX

REORDER 522061

A regular custard made with added sugar contains approximately 160 calories per serving. Our **Calorie Control® Custard** reduces calories *by more than two-thirds*. It is impossible to taste the difference between **Calorie Control® Custard** and custards sweetened with sugar.

Gluten Free

YIELD PER CASE: 396 – ½ cup servings

PACK SIZE: 12 @ 6 oz.

Nutrition Facts

Serving Size 1/2 cup prepared (5g mix)
Servings Per Container 33

Amount Per Serving	Mix alone	Prepared
Calories	**20**	60
Calories from Fat	5	10
	% Daily Value*	
Total Fat 1 g	**1%**	1%
Saturated Fat 0 g	2%	**2%**
Trans Fat 0 g		
Cholesterol 0 mg	**0%**	1%
Sodium 10 mg	**0%**	3%
Potassium 75 mg	**2%**	8%
Total Carbohydrate 3 g	**1%**	3%
Dietary Fiber 0 g	0%	**0%**
Sugars < 1 g		
Protein < 1 g		**1%**
Vitamin A	0%	4%
Vitamin C	0%	0%
Calcium	2%	15%
Iron	0%	0%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Ingredients: NONFAT DRY MILK, CREAMER POWDER (PALM OIL, CORN SYRUP SOLIDS, SODIUM CASEINATE, MONO AND DIGLYCERIDES, SODIUM SILICO ALUMINATE), MALTODEXTRIN, MODIFIED CORN STARCH, CARRAGEENAN, POTASSIUM CITRATE, NATURAL FLAVOR, ARTIFICIAL FLAVOR, EMULSIFIER (MONO AND DIGLYCERIDES, NONFAT MILK SOLIDS, MODIFIED CORN STARCH), ACESULFAME POTASSIUM, SUCRALOSE, YELLOW #5 AND #6.

Contains MILK

CALORIE CONTROL® is a trademark of Bernard Food Industries, Inc.,
Evanston, IL 60204-1497 1-800-323-3663