



BERNARD
FOOD INDUSTRIES, INC.®

**DIET
CHOCOLATE
CHIP COOKIE MIX**

REORDER 540043

Bernard Food Industries, Inc., has always been the leader in the research and development of dietary foods. Again, adhering to the company policy of never sacrificing quality for the sake of producing a low-cost, low-quality product, our new **Dietary Cookie Mixes** becomes a real “treat” to the healthcare patient.

Made with only the finest of ingredients, taste is not sacrificed, not withstanding the dietary nature of this fine product.

These delicious **Cookie Mixes** can be prepared simply by adding water - no other additional ingredients need be added.

Diabetic Exchange: A serving of 4 cookies, prepared as directed, is approximately equal to ½ bread exchange and 1 fruit exchange.

YIELD PER CASE: 192 – 1 oz. servings

PACK SIZE: 12 @ 16 oz. pouches

Nutrition Facts

Serving Size 1/16 package (28g mix)

Servings Per Container 16

Amount Per Serving

Calories 110 Calories from Fat 25

% Daily Value *

Total Fat 3 g **5%**

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 35 mg **2%**

Potassium 180 mg **5%**

Total Carbohydrate 21 g **7%**

Dietary Fiber < 1 g 2%

Sugars 0 g

Sugar Alcohol 11 g

Protein 2 g **4%**

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

* 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: ENRICHED BLEACHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SORBITOL, CHOCOLATE FLAVORED DROPS (MALTITOL, CHOCOLATE LIQUOR [PROCESSED WITH ALKALI], COCOA BUTTER, SORBITAN TRISTEARATE, SOY LECITHIN, VANILLA), MALTODEXTRIN, SUNFLOWER OIL, DRIED EGG WHITE WITH SODIUM LAURYL SULFATE, POTASSIUM BICARBONATE, SODIUM ALUMINUM PHOSPHATE, LECITHIN POWDER (SOY LECITHIN, NONFAT MILK, MALTODEXTRIN), MONOCALCIUM PHOSPHATE, ARTIFICIAL FLAVOR, YELLOW #5 AND #6.

Contains MILK, EGG, WHEAT, SOY