

# PUDDING, CHOCOLATE SHELF STABLE READY-TO-EAT

for use in the USDA Household  
Commodity Food Distribution Programs

02/20/03

## Product Description

**SHELF STABLE PUDDING** is individually packaged in ready-to-eat 3.5-ounce servings and is available in vanilla or chocolate flavors.

*NOTE: This pudding does not fulfill any Child Nutrition Program meal pattern requirements.*

## Pack/Yield

Each individual serving provides 3.5 ounces (by weight) pudding.

## Storage

- Store unopened pudding cups in a cool, dry place off the floor.
- For best quality, avoid freezing or exposure to direct sunlight.
- Use promptly after opening container.

## Preparation

Pudding cups are ready-to-eat once opened.

## Uses

Use as a snack or dessert.



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## Nutrition Information

- Chocolate Pudding is a **good source** of protein and calcium.
- 1 serving of pudding provides  $\frac{1}{2}$  serving from the **MILK, YOGURT, and CHEESE GROUP** and contributes towards the **FATS, OILS, and SWEETS GROUP** of the Food Guide Pyramid.

Nutrition Facts	
Serving size 1 individual serving cup (100g) Chocolate Pudding, ready-to-eat	
Amount Per Serving	
<b>Calories</b> 220	<b>Fat Cal</b> 60
<b>% Daily Value*</b>	
<b>Total Fat</b> 6.5 g	<b>10%</b>
Saturated Fat 1 g	<b>5%</b>
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 200 mg	<b>8%</b>
<b>Total Carbohydrate</b> 35 g	<b>12%</b>
Dietary Fiber <1 g	<b>0%</b>
Sugar 29 g	
<b>Protein</b> 5 g	<b>10%</b>
Vitamin A 0%	Vitamin C 2%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	

*Note: This nutrition panel is based on an average of nutrient labels submitted for bid consideration.*

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