

PUDDING, VANILLA 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

- Vanilla Pudding is a **good source** of calcium and a **source** of protein.
- 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) Vanilla Pudding, ready-to-eat	
Amount Per Serving	
Calories 190	Fat Cal 50
% Daily Value*	
Total Fat 6 g	9%
Saturated Fat 1 g	5%
Cholesterol 0 mg	0%
Sodium 200 mg	8%
Total Carbohydrate 30 g	10%
Dietary Fiber <1 g	0%
Sugar 24 g	
Protein 4 g	8%
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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