

Creamy Pasta and Vegetable Rotini

Nutrition Facts

Serving Size: 1/4 Pouch (51g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g		6%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 600mg		25%	
Total Carbohydrate 35g		12%	
Dietary Fiber 2g		8%	
Sugars 4g			
Protein 6g			

Vitamin A 20% • Vitamin C 2%
Calcium 4% • Iron 8%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 25% from 800 mg to 600 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Maltodextrin, Whey Powder, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour), Dried Carrots, Freeze-Dried Zucchini Squash and Peas, Natural Flavor, Yeast Extract, Dried Onion, Salt, Xanthan Gum, Partially Hydrogenated Soybean Oil, Spices, Disodium Inosinate and Disodium Guanylate, Turmeric and Annatto (color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 204g (7.2 OZ)

Tomato Basil Soup

Nutrition Facts

Serving Size: 1/4 Pouch (58g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 6g		30%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 430mg		18%	
Total Carbohydrate 39g		13%	
Dietary Fiber 1g		4%	
Sugars 6g			
Protein 4g			

Vitamin A 25% • Vitamin C 20%
Calcium 2% • Iron 8%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Cheesy Lasagna

Nutrition Facts

Serving Size: 1/4 Pouch (69g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 35	
		% Daily Value*	
Total Fat 4g		6%	
Saturated Fat 1.5g		8%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 410mg		17%	
Total Carbohydrate 45g		15%	
Dietary Fiber 4g		16%	
Sugars 13g			
Protein 11g			

Vitamin A 35% • Vitamin C 35%
Calcium 10% • Iron 15%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 65% from 1180 mg to 410 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Dried Tomato, Whey Powder, Textured Vegetable Protein (Soy Flour, Carmel Color), Soybean Oil, Salt, Natural Flavoring (Autolyzed Yeast Extract, Maltodextrin, Natural Smoke Flavoring), Dextrose, Spices, Garlic Powder, Food Starch - Modified, Potato Flour, Sugar, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Parmesan and Romano Cheese (Pasteurized Part-Skim Milk, Salt, Cheese Culture, Enzymes), Salt, Garlic Powder, Dried Onion, Natural Flavor, Paprika (color), Guar Gum, Partially Hydrogenated Soybean Oil, Dried Beef Stock (Concentrated Beef Extract, Hydrolyzed Corn, Soy, and Wheat Protein, Autolyzed Yeast, Dextrose), Spice, Carmel Color, Turmeric (color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

NET WT. 275g (9.7 OZ)

Sodium lowered 56% from 980 mg to 430 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Maltodextrin, Tomato Powder, Sea Salt, Sugar, Natural Flavors, Paprika and Turmeric (color), Partially Hydrogenated Soybean Oil, Guar Gum, Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 232g (8.2 OZ)

Savory Stroganoff

Nutrition Facts

Serving Size: 1/4 Pouch (64g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 40	
		% Daily Value*	
Total Fat 4.5g		7%	
Saturated Fat 2.5g		13%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 310mg		13%	
Total Carbohydrate 45g		15%	
Dietary Fiber 2g		8%	
Sugars 8g			
Protein 7g			

Vitamin A 0% • Vitamin C 2%
Calcium 8% • Iron 8%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 67% from 960 mg to 310 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Sweet Whey Powder, Maltodextrin, Potato Flour, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Carmel Color), Food Starch - Modified, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Dried Onion, Salt, Natural and Artificial Flavors, Xanthan Gum, Dried Mushrooms, Partially Hydrogenated Soybean Oil, Dried Onions, Garlic Powder, Lactic Acid Powder, Titanium Dioxide (for color), Spice, Disodium Inosinate and Disodium Guanylate, Carmel Color.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 256g (9 OZ)

Cheesy Macaroni

Nutrition Facts

Serving Size: 1/4 Pouch (65g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 70	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 820mg		34%	
Total Carbohydrate 44g		15%	
Dietary Fiber 1g		4%	
Sugars 4g			
Protein 6g			

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 8%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Sodium lowered 23% from 1070 mg to 820 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Maltodextrin, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Textured Vegetable Protein (Soy Flour, Red 3), Soybean Oil, Water, Salt, Hydrolyzed Milk, Whey Protein Concentrate, Salt, Contains Less Than 2% of Sodium Phosphate, Citric Acid, Lactic Acid), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Textured Vegetable Protein (Soy Flour, Red 3), Soybean Oil, Water, Salt, Hydrolyzed Milk, Whey Protein Concentrate, Salt, Partially Hydrogenated Soybean Oil, Yeast Extract, Disodium Inosinate and Disodium Guanylate, Lactic Acid Powder, Spice, Natural Flavor, Disodium Phosphate, Annatto (color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 260g (9.2 OZ)

COOKING DIRECTIONS

1. Remove OXYGEN ABSORBER prior to preparation.
2. Bring 4 cups water to a boil, add contents of this package into boiling water and stir.
3. Turn off heat, cover and let stand for 12 to 15 minutes stirring occasionally.
4. Uncover and let cool for 2 to 3 minutes.

Hearty Tortilla Soup

Nutrition Facts

Serving Size: 1/4 Pouch (45g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 960mg		40%	
Total Carbohydrate 33g		11%	
Dietary Fiber 4g		16%	
Sugars 1g			
Protein 4g			

Vitamin A 20% • Vitamin C 6%
Calcium 2% • Iron 4%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Potatoes and Chicken Flavored Pot Pie

Nutrition Facts

Serving Size: 1/4 Pouch (50g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 400mg		17%	
Total Carbohydrate 36g		12%	
Dietary Fiber 3g		12%	
Sugars 2g			
Protein 7g			

Vitamin A 20% • Vitamin C 8%
Calcium 4% • Iron 6%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Chili Macaroni

Nutrition Facts

Serving Size: 1/4 Pouch (69g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 610mg		25%	
Total Carbohydrate 48g		16%	
Dietary Fiber 5g		20%	
Sugars 9g			
Protein 11g			

Vitamin A 30% • Vitamin C 10%
Calcium 8% • Iron 15%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Pasta Alfredo

Nutrition Facts

Serving Size: 1/4 Pouch (65g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 80	
		% Daily Value*	
Total Fat 9g		14%	
Saturated Fat 4g		20%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 770mg		32%	
Total Carbohydrate 43g		14%	
Dietary Fiber 1g		4%	
Sugars 2g			
Protein 5g			

Vitamin A 0% • Vitamin C 2%
Calcium 2% • Iron 8%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Precooked Long Grain Rice, Maltodextrin, Dried Black Beans, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Tomato Powder, Food Starch - Modified, Black Bean Flour, Spices, Freeze-Dried Corn, Guar Gum, Paprika (color), Caramel Color, Natural Mesquite Smoke Flavoring, Citric Acid, Natural Flavors.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 181g (6.4 OZ)

Ingredients: Dried Potato Dices, Textured Vegetable Protein (Soy Flour), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Dried Carrots and Celery, Salt, Dried Onion, Yeast Extract, Freeze-Dried Peas, Chicken Broth Powder, Disodium Inosinate and Disodium Guanylate, Guar Gum, Natural Flavor, Spice, Annatto and Turmeric (for color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

NET WT. 200g (7 OZ)

Sodium lowered 37% from 970 mg to 610 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Caramel Color, Sweet Whey Powder, Pinto Beans, Bleached Wheat Flour (Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Powder, Dried Onion, Spices, Salt, Sugar, Hydrolyzed Soy Protein, Guar Gum, Natural Flavors, Garlic Powder, Caramel Color, Disodium Inosinate and Disodium Guanylate, Citric Acid, Yeast Extract, Turmeric (color), Coconut Oil.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% Vegetarian

NET WT. 275g (9.7 OZ)

Sodium lowered 28% from 1070 mg to 770 mg per serving.

Ingredients: Pasta (Durum Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Food Starch - Modified, Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Mono and Diglycerides, Dipotassium Phosphate, Silicon Dioxide), Nondairy Creamer (High Oleic Sunflower Oil, Corn Syrup Solids, Sodium Caseinate [From Milk], Dipotassium Phosphate, Mono and Diglycerides, Silicon Dioxide, Mixed Tocopherols [to preserve freshness]), Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Hydrolyzed Soy Protein, Parmesan Flavor (Salt, Yeast Extract, Potato Maltodextrin, Coconut Oil), Partially Hydrogenated Soybean Oil, Salt, Garlic Powder, Spices, Dried Onion, Disodium Inosinate and Disodium Guanylate, Disodium Phosphate, Natural Flavor.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 260g (9.2 OZ)

SUGGESTED STORAGE CONDITIONS

1. Store product in a dry, cool, and dark location.
2. Optimal Storage (basement/cold room) Temperature 55 degrees F (12.7 C).
3. Keep pouches in protective bucket.

Temperature: Storing Wise Company product at a high temperature can increase the speed that nutrition and vitamins will degrade over time. Store product in a cool location to ensure the longest shelf life possible.

Humidity: The effect of humidity is very similar to that of high temperature. Humidity can impact the shelf life of the product. As humidity varies with geographical location, please use your own discretion to ensure the longest shelf life possible.



QUICK COOK



EMERGENCY RECOMMENDED



EXTENDED SHELF-LIFE



JUST ADD BOILING WATER

• NO ADDED TRANS FATS • LOWER SODIUM •

Southwest Rice & Beans

Serving Size: 1/4 Pouch (50g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 10	
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 400mg		17%	
Total Carbohydrate 36g		12%	
Dietary Fiber 3g		12%	
Sugars 2g			
Protein 7g			

Vitamin A 20% • Vitamin C 8%
Calcium 4% • Iron 6%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Precooked Long Grain Rice, White Corn Masa (Ground White Corn Masa Flour, Sorbic Acid, Carboxymethyl Cellulose, Calcium Propionate, Fumaric Acid, Guar Gum, Enzymes, Trace of Lime), Textured Vegetable Protein (Soy Flour), Food Starch - Modified, Dried Pinto Beans, Tomato Powder, Yeast Extract, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Salt, Natural Flavors, Freeze-Dried Corn, Sugar, Spices, Caramel Color, Guar Gum, Citric Acid, Annatto and Turmeric (for color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 200g (7 OZ)

Teriyaki and Rice

Nutrition Facts	
Serving Size: 1/4 Pouch (75g) Servings Per Container 4	
Amount Per Serving	
Calories 270	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 62g	21%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 6g	
Vitamin A 20% • Vitamin C 0%	
Calcium 4% • Iron 6%	
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Sodium lowered 65% from 990 mg to 340 mg per serving.

Ingredients: Precooked Long Grain Rice, Sugar, Maltodextrin, Brown Sugar, Food Starch - Modified, Textured Vegetable Protein (Soy Flour), Dried Red and Green Bell Peppers and Carrots, Dried Soy Sauce (Soybeans, Wheat, Salt, Vinegar, Lactic Acid), Salt, Onion Powder, Xanthan Gum, Yeast Extract, Vinegar Powder, Natural and Artificial Flavors, Miso Powder (Soybeans, Salt, Food Starch - Modified), Spices, Disodium Inosinate and Disodium Guanylate, Citric Acid, Caramel Color.

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN
NET WT. 300g (10.6 OZ)

Chicken Flavored Noodle Soup

Nutrition Facts	
Serving Size 1/4 Pouch (50g) Servings Per Container 4	
Amount Per Serving	
Calories 180	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 530mg	22%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 8g	
Vitamin A 4% • Vitamin C 4%	
Calcium 4% • Iron 8%	
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Loaded Baked Potato Casserole

Nutrition Facts	
Serving Size 1/4 Pouch (57g) Servings Per Container 4	
Amount Per Serving	
Calories 210	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 730mg	30%
Total Carbohydrate 41g	14%
Dietary Fiber 3g	12%
Sugars 15g	
Protein 7g	
Vitamin A 2% • Vitamin C 10%	
Calcium 15% • Iron 4%	
*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
Saturated 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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Sweet Whey Powder, Dried Potatoes (Mono and Diglycerides, Sodium Acid Pyrophosphate and Citric Acid [to preserve freshness]), Food Starch - Modified, Maltodextrin, Bleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Enzyme, Folic Acid), Nondairy Creamer (Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono and Diglycerides, Dipotassium Phosphate), Yeast Extract, Textured Vegetable Protein (Soy Flour, Caramel Color, Red 3), Soybean Oil, Salt, Natural Flavoring), Dried Onion, Salt, Garlic Powder, Guar Gum, Chives, Natural Swiss Cheese Flavor (Lactose, Autolyzed Yeast Extract, Coconut Oil, Dried Torula Yeast, Natural Flavor, Maltodextrin [Potato], Food Starch - Modified), Natural Sharp Cheddar Cheese Flavor (Cheddar Cheese [Pasteurized Milk, Cultures, Salt and Enzymes]), Maltodextrin, Cream, Nonfat Milk Solids, Salt, Natural Flavors, Sodium Phosphate, Yeast Extract, Xanthan Gum, Potassium Sorbate), Natural Smoke Flavor (Yeast Extract, Dried Soy Sauce [Hydrolyzed Soy Protein, Corn Syrup Solids, Salt], Natural Smoke Flavor, Partially Hydrogenated Soybean Oil), Disodium Inosinate and Disodium Guanylate, Natural Butter Flavor, Spice, Disodium Phosphate, Annatto and Turmeric (for color).

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

NET WT. 227g (8 OZ)

Ingredients: Pasta (Semolina Flour [Wheat], Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Maltodextrin, Textured Vegetable Protein (Soy Flour), Yeast Extract, Dried Carrots and Celery, Dried Onion, Salt, Partially Hydrogenated Soybean Oil, Chicken Broth Powder, Garlic Powder, Disodium Inosinate and Disodium Guanylate, Natural Flavors, Spices, Whey Powder, Turmeric (color)

CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

NET WT. 198g (7 OZ)

WARNING
AVISO



Children can fall into bucket and drown. Keep children away from bucket with even a small amount of liquid.

Los niños pueden caerse a esta cubo y ahogarse. No deja que los niños se acerquen a este cubo aunque sólo contenga una pequeña cantidad de liquido.

Distributed by: Wise Company
3676 California Ave. Suite B-100
Salt Lake City Utah 84104
801-335-0345
[wisefoodstorage.com](http://www.wisefoodstorage.com)

