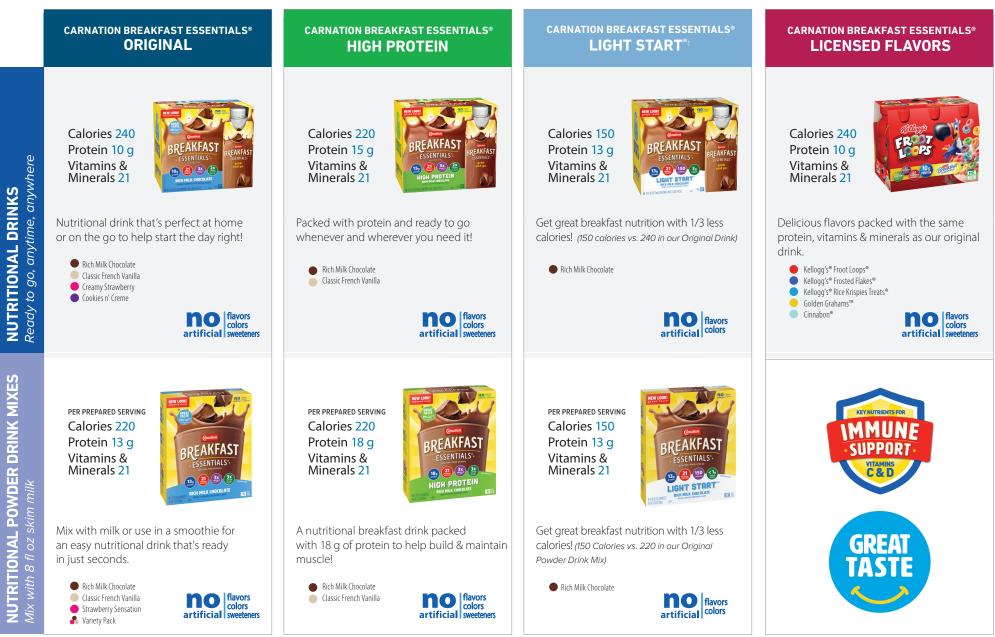


## **AT-A-GLANCE NUTRITIONAL CHART**



Carnation Breakfast Essentials<sup>®</sup> Original and Light Start products are nutritionally appropriate for ages 4 years and older, including teens and adults. Carnation Breakfast Essentials<sup>®</sup> High Protein products are nutritionally appropriate for ages 9 years and older, including teens and adults.

Nutritional information is based on a single serving of each featured flavor.

## **CARNATION BREAKFAST ESSENTIALS® FAMILY OF PRODUCTS**

		CARNATION BREAKFAST ESSENTIALS* NUTRITIONAL DRINKS				CARNATION BREAKFAST ESSENTIALS® NUTRITIONAL POWDER DRINK MIXES					
Nutritional Information per Single Serving of Featured Flavor		Original	High Protein	Elight Start*†	Licensed Flavors	Powder ONLY	AKFAST SUBACIONAL ALCONNENT ST ST ST PREPARED SERVING <sup>1</sup>	High POWDER ONLY	EAKFAST EAKFAS	Light Powder only	AFFAST
Calories	kcal	240	220	150	240	140	220	130	220	65	150
Protein	g	10	15	13	10	5	13	10	18	5	13
Total Carbohydrate	g	36	27	16	41	27	40	21	34	11	24
Dietary Fiber	g	0	0	0	0	0	0	0	0	2	2
Added Sugars	g	11	12	3	15	9	9	6	6	< 1	<1
Total Fat	g	6	6	4	4	1	1	1	1	0.5	1
Sodium	mg	160	210	160	160	100	200	140	240	90	190
Potassium	mg	580	450	450	470	280	660	370	750	280	660
Calcium	mg	300	350	350	300	200	500	270	570	200	500
Vitamin D	mcg	10	10	10	10	7	9.9	7	9.9	7	9.9
Vitamins & Minerals 20% DV or more	#	21	21	21	21	17	21	18	21	16	21
Serving Size		8 fl oz	8 fl oz	8 fl oz	8 fl oz	36 g	9 fl oz	37 g	9 fl oz	20 g	9 fl oz
No Artificial Flavors		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$
No Artificial Colors		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$
No Artificial Sweeteners		$\checkmark$	$\checkmark$		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$		
Suitable for Lactose Intolerance**		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$						
Kosher		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$
Gluten Free		$\checkmark$	$\checkmark$	$\checkmark$	$\checkmark$	May contain wheat (from equipment cross contact)		May contain wheat (from equipment cross contact)		May contain wheat (from equipment cross contact)	

<sup>1</sup>Per prepared serving (with 1 cup skim milk) of Rich Milk Chocolate flavor. \*\*Not for individuals with galactosemia. <sup>1</sup>/<sub>2</sub> less calories (150 vs. 240 in our Original Drink and 220 in our Original Powder Drink Mix).

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