

AT-A-GLANCE NUTRITIONAL CHART

NUTRITIONAL DRINKS
Ready to go, anytime, anywhere

NUTRITIONAL POWDER DRINK MIXES
Mix with 8 fl oz skim milk

CARNATION BREAKFAST ESSENTIALS® ORIGINAL

Calories **240**
Protein **10 g**
Vitamins & Minerals **21**



Nutritional drink that's perfect at home or on the go to help start the day right!

- Rich Milk Chocolate
- Classic French Vanilla
- Creamy Strawberry
- Cookies n' Creme

no | flavors
artificial | colors
sweeteners

CARNATION BREAKFAST ESSENTIALS® HIGH PROTEIN

Calories **220**
Protein **15 g**
Vitamins & Minerals **21**



Packed with protein and ready to go whenever and wherever you need it!

- Rich Milk Chocolate
- Classic French Vanilla

no | flavors
artificial | colors
sweeteners

CARNATION BREAKFAST ESSENTIALS® LIGHT START®†

Calories **150**
Protein **13 g**
Vitamins & Minerals **21**



Get great breakfast nutrition with 1/3 less calories! (150 calories vs. 240 in our Original Drink)

- Rich Milk Chocolate

no | flavors
artificial | colors

CARNATION BREAKFAST ESSENTIALS® LICENSED FLAVORS

Calories **240**
Protein **10 g**
Vitamins & Minerals **21**



Delicious flavors packed with the same protein, vitamins & minerals as our original drink.

- Kellogg's® Froot Loops®
- Kellogg's® Frosted Flakes®
- Kellogg's® Rice Krispies Treats®
- Golden Grahams™
- Cinnabon®

no | flavors
artificial | colors
sweeteners

PER PREPARED SERVING
Calories **220**
Protein **13 g**
Vitamins & Minerals **21**



Mix with milk or use in a smoothie for an easy nutritional drink that's ready in just seconds.

- Rich Milk Chocolate
- Classic French Vanilla
- Strawberry Sensation
- Variety Pack

no | flavors
artificial | colors
sweeteners

PER PREPARED SERVING
Calories **220**
Protein **18 g**
Vitamins & Minerals **21**



A nutritional breakfast drink packed with 18 g of protein to help build & maintain muscle!

- Rich Milk Chocolate
- Classic French Vanilla

no | flavors
artificial | colors
sweeteners

PER PREPARED SERVING
Calories **150**
Protein **13 g**
Vitamins & Minerals **21**



Get great breakfast nutrition with 1/3 less calories! (150 Calories vs. 220 in our Original Powder Drink Mix)

- Rich Milk Chocolate

no | flavors
artificial | colors



Carnation Breakfast Essentials® Original and Light Start products are nutritionally appropriate for ages 4 years and older, including teens and adults.
Carnation Breakfast Essentials® 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



Original

High Protein

Light Start[†]

Licensed Flavors



Original

High Protein

Light Start[†]

POWDER ONLY

PREPARED SERVING¹

POWDER ONLY

PREPARED SERVING¹

POWDER ONLY

PREPARED SERVING¹

Nutritional Information per Single Serving of Featured Flavor

		Original	High Protein	Light Start [†]	Licensed Flavors	POWDER ONLY	PREPARED SERVING ¹	POWDER ONLY	PREPARED SERVING ¹	POWDER ONLY	PREPARED SERVING ¹
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		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
No Artificial Colors		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
No Artificial Sweeteners		✓	✓		✓	✓	✓	✓	✓		
Suitable for Lactose Intolerance**		✓	✓	✓	✓						
Kosher		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Gluten Free		✓	✓	✓	✓	May contain wheat (from equipment cross contact)		May contain wheat (from equipment cross contact)		May contain wheat (from equipment cross contact)	

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