

Day One

Costco - Animal Crackers

Nutrition Facts	
Serving Size 11 Crackers (28g)	
Servings Per Container about 65	
Amount Per Serving	
Calories 120	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 2g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 0%	
*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
Sat. 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: ORGANIC WHEAT FLOUR, ORGANIC CANE SUGAR, ORGANIC PALM OIL, ORGANIC CANE INVERT SYRUP, ORGANIC DEGERMED CORN FLOUR, ORGANIC SUNFLOWER OIL, BAKING SODA, ORGANIC VANILLA EXTRACT, SALT, SOY LECITHIN, CREAM OF TARTAR, NATURAL FLAVOR, ORGANIC SPICE. **CONTAINS:** WHEAT AND SOY.

ALLERGEN INFORMATION: Processed on equipment that also packages products that may contain milk, eggs, wheat, soy, peanuts and tree nuts. **Consumers with food allergies and food sensitivities, please read the ingredient statement carefully.**

Walmart - Oranges

Day Two

[Costco - Green Seedless Grapes](#)

[Walmart - Marshmallows](#)

INGREDIENTS: CORN SYRUP, SUGAR, MODIFIED CORNSTARCH, GELATIN, WATER, DEXTROSE, NATURAL FLAVORS, TETRASODIUM PYROPHOSPHATE.
CONTAINS A BIOENGINEERED FOOD INGREDIENT.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 0g	0%	Total Carb. 23g	8%
about 10 servings per container	Sat. Fat 0g	0%	Fiber 0g	0%
Serving size 4 pieces (28g)	Trans Fat 0g		Total Sugars 17g	
Calories per serving 90	Cholesterol 0mg 0%		Incl. 17g Added Sugars 34%	
	Sodium 15mg 1%		Protein <1g	
	Vitamin D 0% • Calcium 0% • Iron 0% • Potassium 0%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

[Amazon - Swedish Fish](#)

Nutrition Facts	
Serving Size 7 pieces (42g)	
Servings Per Container about 54	
Amount Per Serving	
Calories 150	
% Daily Value*	
Total Fat 0g	0%
Sodium 20mg	1%
Total Carbohydrate 38g	13%
Sugars 32g	
Protein 0g	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

INGREDIENTS: SUGAR, INVERT SUGAR, CORN SYRUP, MODIFIED CORN STARCH, CITRIC ACID, WHITE MINERAL OIL, NATURAL AND ARTIFICIAL FLAVOR, RED 40, CARNAUBA WAX.

Day Three

Costco - Chocolate Chips

INGREDIENTS: SUGAR, CHOCOLATE, COCOA BUTTER, MILKFAT, SOY LECITHIN, NATURAL FLAVORS.
CONTAINS: MILK SOY

Nutrition Facts	
About 145 servings per container	
Serving size	1 Tbsp (14 g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 4 g	5%
Saturated Fat 2.5 g	13%
<i>Trans Fat</i> 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 9 g	3%
Dietary Fiber <1g	3%
Total Sugars 8 g	
Includes 8 g Added Sugars	16%
Protein <1g	
Vit. D 0 mcg 0% • Calcium 0 mg 0%	
Iron 0 mg 0% • Potas. 50 mg 0%	

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CONTAINS A BIOENGINEERED FOOD INGREDIENT

Walmart - Vanilla Pudding Cup

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
4 servings per container		Total Fat 3g	4%	Sodium 115mg	5%
Serving size 1 pudding cup (92g)		Saturated Fat 1.5g	8%	Total Carbohydrate 17g	6%
Calories per serving 100		Trans Fat 0g		Dietary Fiber less than 1g	2%
		Polyunsaturated Fat 0g		Total Sugars 12g	
		Monounsaturated Fat 1g		Includes 11g Added Sugars	22%
		Cholesterol 0mg	0%	Protein 0g	
		Vit. D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potas. 0mg 0%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATER, NONFAT MILK, SUGAR, MODIFIED CORN STARCH, PALM OIL, LESS THAN 2% OF: SALT, SODIUM STEAROYL LACTYLATE, DISODIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, YELLOW 5, YELLOW 6.
CONTAINS: MILK.

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 CHICAGO, IL 60654

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PAPER SLEEVE PLASTIC CUP

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Day Four

Amazon - Mott's Fruit Snacks

Nutrition Facts	
40 servings per container	
Serving size	1 pouch (23g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 19g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 0g	
Vitamin C 54mg	60%
Not a significant source of dietary fiber, vitamin D, calcium, iron, and potassium.	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



*These fruit-flavored snacks are made with pear, apple, and carrot juice concentrates. See below for a complete list of ingredients. They are not intended to replace fruit or vegetables in the diet.

Ingredients: Corn Syrup, Sugar, Modified Corn Starch, Pear Juice Concentrate, Apple Juice Concentrate, Carrot Juice Concentrate. Contains 2% or less of: Citric Acid, Vitamin C (ascorbic acid), Sodium Citrate, Fruit Pectin, Malic Acid, Sunflower and/or Canola Oil†, Vegetable and Fruit Juice added for Color, Natural Flavor, Carnauba Wax.

†Adds A Trivial Amount Of Fat

Amazon - Mini Pretzels

Nutrition Facts	
About 38 servings per container	
Serving size	22 pretzels (30g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 24g	9%
Dietary Fiber <1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 1.6mg	10%
Potassium 0mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

INGREDIENTS: ENRICHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SALT, CONTAINS LESS THAN 2% OF SOYBEAN OIL, CORN SYRUP, BARLEY MALT EXTRACT, YEAST.

CONTAINS: WHEAT.