May Help Lower Cholesterol

PROGRESSO

Reduced Sodium

- 120 CALORIES PER SERVING
- GOOD SOURCE OF FIBER
- NO ARTIFICIAL FLAVORS
- LOW FAT
- NO MSG ADDED**

** Except that which occurs naturally in yeast extract and hydrolyzed vegetable proteins

READY TO SERVE • DO NOT ADD WATER

STOVE-TOP: Heat in saucepan.

MICROWAVE: Heat in covered microwavable bowl on High 2-4 min. Careful—leave in microwave 1 min; stir. Refrigerate leftovers.

LISTA PARA SERVIR • NO AGREGUE AGUA

ESTUFA: Caliente en una cacerola.

HORNO DE MICROONDAS: Caliente en un recipiente cubierto apto para microondas a temperatura Alta de 2 a 4 min. Precaución: deje reposar 1 min. en el microondas; revuelva. Refrigere lo que sobre.

Questions or Comments?
Save can and call 1-800-200-9377 weekdays 7:30 a.m. to 5:30 p.m. CT. Se habla español.

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OFFICIAL COUPON — BOX TOPS EDUCATION — EXPIRES 6/1/13

Ingredients: Water, Tomato Puree (water, tomato paste), **Carrots, Celery, Kidney Beans, Potatoes, Green Beans, Peas, Penne Pasta** (wheat flour, semolina wheat, egg whites*), **Spinach. Contains less than 1% of:** Garbanzo Beans, Modified Food Starch, Soybean Oil, Sea Salt, Sugar, Potassium Chloride, Onion Powder, Garlic Powder, Corn Protein (hydrolyzed), Parsley*, Salt, Yeast Extract, Natural Flavor, Spices, Fennel Seed, Milk, Citric Acid, Extractives of Turmeric, Freshness Preserved by Vitamin E (tocopherol). *Dried

CONTAINS WHEAT, EGG AND MILK INGREDIENTS.

DIST. BY PROGRESSO FOODS DIVISION, GENERAL MILLS CEREALS, LLC, MINNEAPOLIS, MN 55440 USA

*Sodium content has been reduced from 690mg to 470mg per serving.

0 41196 80546 8

Exchanges: 1½ Starch
Based on American Dietetic Association and American Diabetes Association criteria

Visit our website at *www.ProgressoSoup.com*

Nutrition Facts

Serving Size 1 cup (252g)
Servings Per Container about 2

Amount Per Serving	
Calories 120	Calories from Fat 15
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0.5g	**2%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 470mg	**19%**
Potassium 720mg	**21%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 4g	**17%**
Soluble Fiber 1g	
Sugars 4g	
Protein 5g	

Vitamin A 20% • Vitamin C 0%
Calcium 2% • Iron 10%

* Percent Daily Values are based on a 2000 calorie diet.

Better if used by date on can end. 3136780330

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OFFICIAL COUPON
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OEP BOX TOPS EDUCATION
EXPIRES 6/1/13

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OLD EL PASO™

SINCE 1938

VEGETARIAN

Refried Beans

NET WT. 16 OZ (1 LB) 453g

Serving Suggestion

To Feed Your FIESTA Go To: www.OldElPaso.com

Nutrition Facts

Serving Size ½ cup (118g)
Servings Per Container about 4

Amount Per Serving	
Calories	90
Calories from Fat	5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 570mg	**24%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 5g	**21%**
Sugars 0g	
Protein 5g	

Vitamin A 0% • Vitamin C 0%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cooked Beans, Water. Contains Less Than 2% of: Salt, Tomato Paste, Soybean Oil, Chili Pepper, Sugar, Natural Flavor, Yeast Extract.

DISTRIBUTED BY
OLD EL PASO DIVISION, GENERAL MILLS CEREALS, LLC,
MINNEAPOLIS, MN 55440 USA

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Questions or Comments?
Call 1-800-300-8664 Mon – Fri 7:30 a.m. - 5:30 p.m. CT
Information from the package will be helpful. Old El Paso Consumer Services, P.O. Box 200, Minneapolis, MN 55440

Nutrition Facts

Serving Size 1/2 cup (130g)
Servings Per Container about 3.5

Amount Per Serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 380mg	**16%**
Total Carbohydrate 17g	**6%**
Dietary Fiber 3g	**13%**
Sugars 0g	
Protein 6g	

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

* Percent Daily Values are based on a 2,000 calorie diet. Your diet 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

Ingredients: Prepared Black-Eyed Peas, Water, and Salt. Disodium EDTA added to promote color retention.

Distributed By:
Wegmans Food Markets, Inc.
Rochester, NY 14603

Our Promise

We're proud of our black-eyed peas and we hope you'll agree. Remember, your satisfaction is *always* guaranteed with Wegmans brand products.

The Wegmans Family

While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease. Make foods like black-eyed peas, part of your plan for heart healthful eating.

Once opened, store unused portion in another container and refrigerate.

Questions or comments about this product
1-800-Wegmans
(934-6267) ext 5920
9am-4pm EST weekdays
Visit us at wegmans.com

0 77890 42228 1

NET WT 12.4 OZ (351g)

Famous Amos® COOKIES
Chocolate Chip

Nutrition Facts

Serving Size 4 Cookies (29g)
Servings Per Container About 12

Amount Per Serving	
Calories 150	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 105mg	**4%**
Total Carbohydrate 20g	**7%**
Dietary Fiber less than 1g	**3%**
Sugars 9g	
Protein 1g	

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

* 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: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B_1], RIBOFLAVIN [VITAMIN B_2], FOLIC ACID), SEMISWEET CHOCOLATE (SUGAR, CHOCOLATE, COCOA BUTTER, SOY LECITHIN, NATURAL FLAVOR), SUGAR, VEGETABLE OIL (SOYBEAN, PALM, AND PALM KERNEL OIL WITH TBHQ FOR FRESHNESS), CONTAINS TWO PERCENT OR LESS OF MOLASSES, SALT, EGGS, BAKING SODA, NATURAL AND ARTIFICIAL FLAVOR, WHEY, WHEY PROTEIN CONCENTRATE.

CONTAINS WHEAT, SOY, EGG AND MILK INGREDIENTS. MAY CONTAIN TREE NUTS.

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