



# ingredient statement

**ORIGINAL RICE PUDDING**

Reduced fat milk, rice, sugar, contains less than 2% of eggs, salt, natural flavors. CONTAINS: Milk, eggs.

**TAPIOCA PUDDING**

Reduced fat milk, sugar, tapioca, egg whites, modified tapioca starch, contains less than 2% of natural flavors, salt, annatto extract (color). CONTAINS: Milk, eggs.

**CHOCOLATE PUDDING**

Reduced fat milk, sugar, modified tapioca starch, contains less than 2% of cocoa (processed with alkali), salt, carrageenan, maltodextrin, natural flavors. CONTAINS: Milk.

**VANILLA PUDDING**

Reduced fat milk, sugar, modified tapioca starch, contains less than 2% of eggs, natural flavors, salt, carrageenan, maltodextrin, annatto extract (color). CONTAINS: Milk, eggs.

**CUSTARD 6g Protein**

Reduced fat milk, sugar, whey protein concentrate, egg whites, contains less than 2% of modified tapioca starch, natural flavors, carrageenan, locust bean gum, pectin, eggs, sodium tripolyphosphate, salt, annatto (color). CONTAINS: Milk, eggs.

**SIMPLY WELL® NO SUGAR ADDED RICE PUDDING**

Reduced fat milk, rice, inulin, contains less than 2% of eggs, salt, natural flavors, sucralose. CONTAINS: Milk, eggs.

**SIMPLY WELL® NO SUGAR ADDED TAPIOCA PUDDING**

Reduced fat milk, tapioca, egg whites, inulin, modified tapioca starch, contains less than 2% of natural flavors, salt, sucralose, annatto extract (color). CONTAINS: Milk, eggs.

**SIMPLY WELL® NO SUGAR ADDED CHOCOLATE PUDDING**

Reduced fat milk, modified tapioca starch, inulin, cocoa (processed with alkali), contains less than 2% of salt, natural flavors, sucralose, carrageenan, maltodextrin. CONTAINS: Milk.

**SIMPLY WELL® NO SUGAR ADDED VANILLA PUDDING**

Reduced fat milk, modified tapioca starch, inulin, contains less than 2% of natural flavors, salt, sucralose, carrageenan, maltodextrin, annatto extract (color). CONTAINS: Milk.

**SMARTGELS® CHERRY GELS**

Water, sugar, contains less than 2% of fruit and vegetable juice concentrates (color), natural flavor, citric acid, carrageenan, locust bean gum, potassium citrate, fumaric acid.

**SMARTGELS® STRAWBERRY GELS**

Water, sugar, contains less than 2% of natural flavor, carrageenan, locust bean gum, potassium citrate, citric acid, fruit and vegetable juice concentrates (color), fumaric acid.

**SMARTGELS® ORANGE GELS**

Water, sugar, contains less than 2% of natural flavor, carrageenan, locust bean gum, potassium citrate, citric acid, beta carotene and fruit and vegetable juice concentrates (color), fumaric acid.

**SMARTGELS® TROPICAL GELS**

Water, sugar, contains less than 2% of natural flavor, carrageenan, locust bean gum, potassium citrate, citric acid, beta carotene (color), fumaric acid.

**SMARTGELS® SUGAR FREE STRAWBERRY GELS**

Water, Contains Less Than 2% of Natural Flavor, Carrageenan, Locust Bean Gum, Potassium Citrate, Citric Acid, Aspartame†, Fruit and Vegetable Juice Concentrates (color)\*, Fumaric Acid.

**SMARTGELS® SUGAR FREE ORANGE GELS**

Water, Contains Less Than 2% of Natural Flavor, Carrageenan, Locust Bean Gum, Potassium Citrate, Citric Acid, Aspartame†, Beta Carotene and Fruit and Vegetable Juice Concentrates (color)\*, Fumaric Acid.

\*Adds a trivial amount of sugar.

**SMARTGELS® SUGAR FREE TROPICAL GELS**

Water, Contains Less Than 2% of Natural Flavor, Carrageenan, Locust Bean Gum, Potassium Citrate, Citric Acid, Aspartame†, Beta Carotene (color), Fumaric Acid.

†Phenylketonurics: Contains phenylalanine.

**COWRAGEOUS!® CHOCOLATE PUDDING**

Low fat milk, sugar, modified tapioca starch, inulin, contains less than 2% of cocoa (processed with alkali), salt, carrageenan, maltodextrin, natural flavor, vitamin A palmitate. CONTAINS: Milk.

**COWRAGEOUS!® VANILLA PUDDING**

Low fat milk, sugar, modified tapioca starch, inulin, contains less than 2% of natural flavor, eggs, salt, carrageenan, maltodextrin, vitamin A palmitate, annatto extract (color). CONTAINS: Milk, eggs.





PRODUCT	SERVING SIZE	CALORIES	FAT CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	TOTAL CARB	DIETARY FIBER	SUGAR	PROTEIN	VITAMIN A (IU)	VITAMIN C (MG)	CALCIUM (MG)	IRON (MG)	POTASSIUM (MG)	PHOSPHORUS (MG)
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**PUDDING**

ORIGINAL RICE PUDDING	113g	120	20	2g	1g	0g	15mg	125mg	21g	0g	14g	4g	0	0	102	0.1	137	96
TAPIOCA PUDDING	113g	120	15	2g	1g	0g	5mg	130mg	22g	0g	16g	3g	0	0	106	0.1	128	81
CHOCOLATE PUDDING	113g	130	20	2g	1.5g	0g	10mg	140mg	24g	1g	19g	3g	0	0	118	0.5	238	102
VANILLA PUDDING	113g	120	20	2g	1.5g	0g	10mg	140mg	22g	0g	18g	3g	105	0	117	0.1	137	91
CUSTARD 6g PROTEIN	113g	120	20	2.5g	1.5g	0g	15mg	100mg	19g	0g	17g	6g	105	0	120	0.1	154	115
SIMPLY WELL® NO SUGAR ADDED RICE PUDDING	113g	90	15	1.5g	1g	0g	15mg	140mg	14g	2g	5g	4g	89	0	109	0.1	158	109
SIMPLY WELL® NO SUGAR ADDED TAPIOCA PUDDING	113g	90	10	1.5g	1g	0g	5mg	135mg	14g	3g	5g	3g	89	0	107	0.1	151	96
SIMPLY WELL® NO SUGAR ADDED CHOCOLATE PUDDING	113g	90	25	2.5g	1.5g	0g	10mg	160mg	13g	3g	5g	4g	89	0	123	0.6	268	113
SIMPLY WELL® NO SUGAR ADDED VANILLA PUDDING	113g	90	20	2g	1.5g	0g	10mg	125mg	13g	3g	5g	3g	0	0	108	0.1	149	96

**GELS**

SMARTGELS® CHERRY GEL	99g	80	0	0g	0g	0g	0mg	10mg	21g	0g	20g	0g	0	0	11	0	104	0
SMARTGELS® STRAWBERRY GEL	99g	80	0	0g	0g	0g	0mg	10mg	22g	0g	20g	0g	0	0	10	0	100	0
SMARTGELS® ORANGE GEL	99g	80	0	0g	0g	0g	0mg	10mg	21g	0g	20g	0g	0	0	10	0	100	0
SMARTGELS® TROPICAL GEL	99g	80	0	0g	0g	0g	0mg	10mg	21g	1g	20g	0g	0	0	11	0	101	0
SMARTGELS® SUGAR FREE STRAWBERRY GEL	99g	10	0	0g	0g	0g	0mg	10mg	3g	1g	0g	0g	0	0	13	0	96	0
SMARTGELS® SUGAR FREE ORANGE GEL	99g	10	0	0g	0g	0g	0mg	10mg	2g	1g	0g	0g	0	0	20	0	142	0
SMARTGELS® SUGAR FREE TROPICAL GEL	99g	10	0	0g	0g	0g	0mg	10mg	2g	1g	0g	0g	0	0	20	0	133	0

**COWRAGEOUS!® PUDDING**

COWRAGEOUS!® CHOCOLATE PUDDING	106g	110	10	1g	0.5g	0g	5mg	105mg	21g	3g	14g	3g	667	0	109	0.3	188	102
COWRAGEOUS!® VANILLA PUDDING	106g	100	5	1g	0g	0g	10mg	125mg	21g	3g	15g	3g	651	0	107	0.1	134	87

**GLUTEN FREE**



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