

ASIAN STYLE TERIYAKI KIT WITH FD BEEF
(1 can)

Nutrition Facts	
Serving Size: 1/3 Cup rice + 8 Tsp sauce mix (59g) Dry Servings Per Container: 20	
Amount Per Serving	
Calories 200	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 1230mg	51%
Total Carbohydrate 45g	15%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 10g	
Vitamin A 30% • Vitamin C 40%	Calcium 4% • Iron 10%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Enriched precooked long grain rice (rice, niacin, iron [ferrous orthophosphate], thiamine [thiamine mononitrate], folic acid), freeze dried beef chunks (salt added), beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), chopped onion, white granulated sugar, teriyaki flavor (powdered soy sauce, salt, toasted sesame seed oil, silicon dioxide [anti-caking agent], natural flavor, soybean oil), chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), red and green bell peppers, carrot slices, peas, garlic powder, yeast extract, sautéed onion flavor (natural flavors [contains wheat, milk, soybeans]), onion powder, tapioca maltodextrin, autolyzed yeast extract, enzyme modified butter and buttermilk powder [butter (cream, salt), dry buttermilk, mono and diglycerides], salt, tricalcium phosphate, silicon dioxide).

Contains allergens: Soy, wheat and milk.

FD CHICKEN FETTUCCINE ALFREDO KIT
(2 cans)

Nutrition Facts	
Serving Size: 1/2 Cup pasta + 1/3 Cup sauce mix (86g) Dry Servings Per Container: 14	
Amount Per Serving	
Calories 360	Calories from Fat 100
% Daily Value*	
Total Fat 11g	18%
Saturated Fat 6g	29%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 940mg	39%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 12g	
Vitamin A 4% • Vitamin C 4%	Calcium 8% • Iron 10%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Egg noodles (durum flour, eggs, glyceryl monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), white cheddar cheese blend (cheddar cheese [pasteurized milk, salt, cheese culture, enzymes], buttermilk, whey, salt, natural flavors), freeze dried chicken chunks, modified food starch, salt, sweet whey, natural sauteed mushroom flavor (maltodextrin, natural flavor [contains milk, wheat, soybeans], mushroom powder, tapioca maltodextrin, autolyzed yeast extract, partially hydrogenated soybean oil, salt, onion powder, modified food starch), natural roast onion flavor (autolyzed yeast extract, onion powder, natural flavor [contains wheat, soybeans]), defatted wheat germ, sugar, retinyl syrup powder, brown sugar, molasses powder, corn syrup solids, caramel color), sour cream powder, garlic powder, yeast extract, chicken soup base (corn syrup solids, salt, corn starch, hydrolyzed corn, soy protein, rendered chicken fat, sugar, onion powder, disodium inosinate, disodium guanylate, spices, turmeric, dehydrated parsley, silicon dioxide), parsley, xanthan gum.

Contains allergens: Wheat, egg, milk, soy.

FREEZE DRIED BEEF STROGANOFF KIT
(1 can)

Nutrition Facts	
Serving Size: 1/4 Cup pasta + 1/3 Cup sauce mix (82g) Dry Servings Per Container: 14	
Amount Per Serving	
Calories 320	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 45mg	16%
Sodium 780mg	32%
Total Carbohydrate 50g	17%
Dietary Fiber 2g	10%
Sugars 4g	
Protein 12g	
Vitamin A 10% • Vitamin C 100%	Calcium 4% • Iron 15%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Egg noodles (durum flour, eggs, glyceryl monostearate, niacin, ferrous sulfate, thiamine mononitrate, riboflavin, folic acid), creamer (maltodextrin, palm oil), modified food starch, freeze dried beef chunks (salt added), dehydrated tomato paste, chopped onions, red and green bell peppers, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), sour cream powder, (cultured cream [cream, nonfat milk, culture, enzymes], salt, lactic acid, tocopherols, BHT, silicon dioxide, sodium citrate), salt, garlic powder, mushrooms, caramel color, salt, dehydrated toasted onion flavor, mushroom flavor, yeast extract.

Contains allergens: Wheat, egg, milk, soy.

CHILI MACARONI KIT WITH FD BEEF
(1 can)

Nutrition Facts	
Serving Size: 1/4 Cup pasta + 1/4 Cup sauce mix (56g) Dry Servings Per Container: 24	
Amount Per Serving	
Calories 190	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 1380mg	58%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	10%
Sugars 4g	
Protein 10g	
Vitamin A 4% • Vitamin C 20%	Calcium 2% • Iron 35%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Macaroni (semolina, niacin, ferrous sulfate [iron], thiamine mononitrate, riboflavin, folic acid), freeze dried beef chunks (salt added), precooked red beans, modified food starch, beef base (salt, hydrolyzed soy protein [including partially hydrogenated soybean oil], sugar, torula yeast, corn starch, caramel color, maltodextrin, onion powder, yeast extract and natural flavor, citric acid, silicon dioxide), dehydrated tomato paste, salt, white granulated sugar, chopped onion, red and green bell peppers, chili pepper powder, garlic powder, cumin, caramel color.

Contains allergens: Wheat and soy.

SPAGHETTI MARINARA KIT WITH FD BEEF
(1 can)

Nutrition Facts	
Serving Size: 1.5 oz pasta + 1/4 Cup sauce mix (67g) Dry Servings Per Container: 20	
Amount Per Serving	
Calories 230	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 910mg	38%
Total Carbohydrate 42g	14%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 12g	
Vitamin A 2% • Vitamin C 4%	Calcium 4% • Iron 10%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Spaghetti (semolina, durum flour, enriched with iron [ferrous sulfate] and B vitamins [niacin, thiamine mononitrate, riboflavin, folic acid]), dehydrated tomato paste, freeze dried beef chunks (salt added), salt, chopped onion, sugar, modified food starch, garlic powder, oregano, parsley, olive oil flavor (maltodextrin, modified food starch, natural flavor), citric acid.

Contains allergens: Wheat.

HONEY COATED BANANA SLICES
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (42g) Dry Servings Per Container: 22	
Amount Per Serving	
Calories 230	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 14g	68%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0% • Vitamin C 0%	Calcium 10% • 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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

FREEZE DRIED SLICED STRAWBERRIES
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (10g) Dry Servings Per Container: 18	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0% • Vitamin C 110%	Calcium 2% • Iron 4%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Sliced freeze-dried strawberries.

DEHYDRATED POTATO SHREDS
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (31g) Dry Servings Per Container: 21	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0% • Vitamin C 20%	Calcium 2% • 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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

FREEZE DRIED SWEET CORN
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (19g) Dry Servings Per Container: 23	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2% • Vitamin C 8%	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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Freeze-dried corn.

FREEZE DRIED PEAS
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (23g) Dry Servings Per Container: 19	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 5g	21%
Sugars 6g	
Protein 6g	
Vitamin A 15% • Vitamin C 70%	Calcium 2% • Iron 8%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Peas.

FD BROCCOLI FLORETS & STEMS
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (7g) Dry Servings Per Container: 28	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 20% • Vitamin C 110%	Calcium 4% • Iron 4%
*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
Saturated 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 • Carbs 4 • Protein 4	

INGREDIENTS:
Freeze dried broccoli florets & stems.

FD CHICKEN BREAST CHUNKS
(1 can)

Nutrition Facts	
Serving Size: 1/2 Cup (30g) Dry Servings Per Container: 15	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 60mg	19%
Sodium 35mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 27g	
Vitamin A 0% • Vitamin C 0%	Calcium 6% • Iron 10%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g