

D'Lites Dessert Mix
"Fat Free"
"Cholesterol Free & Low Sodium"

Nutrition Facts			
Serving Size 1/2 Cup (70g)		Servings Per Container: One	
Amount Per Serving			
Calories 80		Calories From Fat: 0	
	Chocolate	Vanilla	% Daily Value*
Total Fat	0g	0g	0%
Saturated Fat	0g	0g	0%
Cholesterol	0mg	0mg	0%
Sodium	50mg	50mg	2%
Total Carbohydrate	18g	19g	6%
Dietary Fiber	1g	0g	0%
Sugars	11g	12g	
Protein	3g	2g	
Vitamin A	0%	0%	
Vitamin C	0%	0%	
Calcium	8%	8%	
Iron	4%	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 Carbohydrate 4 Protein 4

Ingredients (Choc.):	Ingredients (Van.):
Water, Sugar, High Fructose Corn Syrup, Nonfat Dry Milk, Cocoa (processed with alkali), Grade A Whey, Mono and Diglycerides (Emulsifiers), Guar Gum, Cellulose Gum, Polysorbate 65 (Emulsifier), Polysorbate 80 (Emulsifier), Carageenan.	Water, Sugar, High Fructose Corn Syrup, Nonfat Dry Milk, Milk, Grade A Whey, Mono and Diglycerides (Emulsifiers), Guar Gum, Cellulose Gum, Polysorbate 65 (Emulsifier), Polysorbate 80 (Emulsifier), Carageenan, Artificial Flavor (Vanillin).

Weight Control Program Exchanges

4 oz. cup = 1/2 milk & 1/2 fruit
 8 oz. cup = 1 milk & 1 fruit

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



For product and licensing information,
 call 305-474-2333 or 800-474-9949

Great for
Carbohydrate Dieting...
 such as **ATKINS DIET,**
PROTEIN POWER,
THE ZONE, 40/30/30 and
SOUTH BEACH DIET

VANILLA CHOCOLATE
Nutrition Facts Nutrition Facts

Serving Size 1/2 Cup
 Servings Per Container 4 oz.

Amount Per Serving		Amount Per Serving	
Calories 40	Calories from Fat 15	Calories 35	Calories from Fat 20
% Daily Value*		% Daily Value*	

Total Fat 1.5g	2%	Total Fat 2.5g	4%
Saturated Fat 1g	6%	Saturated Fat 1.5g	9%
Stearic Acid 0g		Stearic Acid 0g	
Polyunsaturated 0g		Polyunsaturated 0g	
Monounsaturated 0g		Monounsaturated 0g	
Cholesterol 0mg	0%	Cholesterol 0mg	0%
Sodium 40mg	2%	Sodium 35mg	2%
Potassium 40mg	1%	Potassium 65mg	2%
Total Carbohydrate 6g	2%	Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%	Dietary Fiber 0g	0%
Soluble Fiber 0g		Soluble Fiber 0g	
Insoluble 0g		Insoluble 0g	
Sugars 3g		Sugars 2g	
Sugar Alcohols 0g		Sugar Alcohols 0g	
Other Carbohydrates 3g		Other Carbohydrates 1g	
Protein 1g		Protein 1g	
Trans Fat	.001	Trans Fat	.001

Vitamin A 0%	Vitamin C 0%	Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%	Calcium 4%	Iron 0%
Vitamin E 0%	Thiamin 0%	Vitamin E 0%	Thiamin 0%
Riboflavin 4%	Niacin 0%	Riboflavin 4%	Niacin 0%
Vitamin B6 0%	Folate 0%	Vitamin B6 0%	Folate 0%
Vitamin B12 2%	Biotin —	Vitamin B12 2%	Biotin —
Pantothenic Acid 0%	Phosphorus 2%	Pantothenic Acid 0%	Phosphorus 2%
Iodine 0%	Magnesium 0%	Iodine 0%	Magnesium 0%
Zinc 0%	Copper 0%	Zinc 0%	Copper 0%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

DIG DESSERT MIX

KEEP REFRIGERATED • PASTEURIZED • HOMOGENIZED

Manufactured for
D'LITES EMPORIUM®

8251 W. Sunrise Blvd., Plantation, FL 33322 • 1-800-474-9949
 Manufactured at Plant No. 12-301

INGREDIENTS: SKIM MILK, SUGAR, CORN SYRUP, PARTIALLY HYDROGENATED PALM KERNEL OIL, BUTTERMILK SOLIDS, WHEY SOLIDS, ARTIFICIAL VANILLA, MONO AND DYGLYCERIDES, GUAR GUM, CELLULOSE GUM, POLYSORBATE 80 AND CARRAGEENAN.