



Emergency Essentials Nutritional Value Chart

| | Portion Size | Serving Size | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbohydrate | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron | Vitamin D | Vitamin E | niacin | Vitamin B12 | Biotin | Zinc | Potassium |
|--|--------------|--------------|----------|-------------------|-----------|---------------|-----------|-------------|--------|--------------------|---------------|--------|---------|-----------|-----------|---------|------|-----------|-----------|--------|-------------|--------|------|-----------|
| Instant Nonfat Dry Fortified Milk | 39 | 1 Cup | 70 | 0 | 0g | 0g | 0g | 5mg | 85mg | 11g | 0g | 9g | 8g | 15% | 0% | 20% | 0% | 10% | 0% | 0% | 0% | 0% | 0% | 8% |
| Drink Mix - Orange | 63 | 1 Cup | 150 | 0 | 0g | 0g | 0g | 0g | 55mg | 41mg | 0g | 38g | 0g | 10% | 110% | 0% | 0% | 15% | 10% | 0% | 0% | 0% | 0% | 0% |
| Brown Sugar | 425 | 4 tsp | 15 | 0 | 0g | 0g | 0g | 0g | 0mg | 4g | 0g | 4g | 0g | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% | 0% |
| Corn | 1/2 cup | 22 | 80 | 25 | 1.5g | 0g | 0g | 0mg | 0mg | 15g | 3g | 8g | 3g | 2% | 0% | 0% | 0% | N/A | N/A | N/A | N/A | N/A | N/A | 4% |
| Cinnamon Apple Slices | 16 | 2/3 cup | 70 | 0 | 0g | 0g | 0g | 0mg | 0mg | 17g | 0g | 14g | 0g | 0g | 0g | 0g | 0g | 0g | 0g | 0g | 0g | 0g | 0g | 2% |
| Green Peas | 18 | 1/2 cup | 100 | 0 | 0.5 | 0g | 0g | 0mg | 10mg | 13g | 5g | 1g | 7g | 15% | 80% | 2% | 10% | N/A | N/A | N/A | N/A | N/A | N/A | 6% |
| Quick Rolled Oats | 22 | 1/2 cup | 190 | 5 | 3.5 | 0.5g | 0g | 0mg | 0mg | 33g | 5g | 0g | 8g | 0% | 0% | 2% | 10% | 0 | N/A | N/A | N/A | N/A | N/A | 4% |

