

NUTRITION FACTS OF SEEDS

1 Roasted Pumpkin Seeds – Net wt . 30 g

- a Ingredients: Pumpkin Seeds – 99.8%, Salt: 0.2 %
- b Serving Size: 30 gm, Serving Per Package: 1
- c Amount Per Serving Calories: 190 Kcal

<i>% Daily Value</i>	
Total Fat - 15 g	23 %
Saturated Fat - 3 g	15 %
Cholesterol - 0 mg	0 %
Protein - 10 g	
Total Carbohydrate - 2g	1 %
Dietary Fiber - 2g	8 %
Sugar - 0g	
Sodium - 140 mg	6 %

Vitamin A: 0 %, Vitamin B1: 0 %, Vitamin B2: 0 %, Calcium: 0 %, Iron: 25 %

Price - \$ 1.00

2 Sunflower Kernels – Net Wt. 40 g

- a Ingredients: Sunflower kernels – 99.5 %, Salt: 0.5 %
- b Serving Size: 40 g, Serving Per Package: 1
- c Amount Per Serving Calories: 260 Kcal

<i>% Daily Value</i>	
Total Fat - 21 g	32 %
Saturated Fat - 2 g	10 %
Cholesterol - 0 mg	0 %
Protein - 10 g	
Total Carbohydrate - 7 g	2 %
Dietary Fiber - 5 g	20 %
Sugar - less than 1 g	
Sodium - 25 mg	

Vitamin A: 0 %, Vitamin B1: 25 %, Vitamin B2: 0 %', Calcium: 8 %, Iron: 10 %

Price - \$ 1.00

3 Honey Roasted Sunflower Kernels – Nt Wt . 40 g

a Ingredients: Sunflower kernels – 80.0%, Honey and Sugar: 15.0 %, Margarine: 3.0 %, Wheat Flour: 1.5 %, Salt: 0.5 %

b Serving Size: 40 g, Serving Per Package: 1

c Amount Per Serving Calories: 250 kcal

<i>% Daily Value</i>	
Total Fat - 20 g	31 %
Saturated Fat - 2.5 g	13 %
Cholesterol - 0 mg	0 %

Protein - 8 g	
Total Carbohydrate - 10 g	3 %
Dietary Fiber - 4 g	16 %
Sugar - 4 g	
Sodium - 110 mg	5 %

Vitamin A: 0 %, Vitamin B1: 35 %, Vitamin B2: 0 %, Calcium: 8 %, Iron: 8 %

Price - \$ 1.00

4 Roasted Peanuts – Net Wt . 50 g

a Ingredients: Peanuts – 99.0 %, Salt: 0.5 %, Sugar: 0.5 %

b Price - \$ 1.00

5 HoneyFlavoured Roasted Peanuts – Net Wt . 50 g

a Ingredients: Peanuts – 80.0 %, Sugar: 8.0 %, Honey: 7.0 %, Margarine: 3.0 %, Wheat Starch: 1.0 %, Salt: 1.0 %

b Price - \$ 1.00

6 Sesame Bars With Honey – Net Wt . 50 g

a Ingredients: Sesame – 65 %, Honey: 15 % , Sugar: 10 %, Sunflower kernels – 8 %
Vegetable oil – 2 %

b Serving Size: 4 Pieces (25 g), Serving Per Package: 2

c Amount Per Serving Calories: 150 kcal

<i>% Daily Value</i>	
Total Fat - 11 g	17 %
Protein - 5 g	
Total carbohydrate - 8 g	3 %
Sugar - 4 g	
Sodium - 15 g	1 %

Vitamin A: 0 %, Vitamin B1: 0 %, Vitamin B2: 0 %, Calcium: 6 %, Iron: 6 %

Price - \$ 1.60

7 Sunflower Bars – Net Wt . 50 g

a Ingredients: Sunflower kernels – 70 %, Honey: 15 %, Sugar: 10 %, Sesame: 4 %
Vegetable Oil: 1 %

b Serving Size: 4 Pieces (25g), Serving Per Package: 2

c Amount Per Serving Calories: 160 kcal

<i>% Daily Value</i>	
Total Fat – 12 g	!8 %
Protein – 5 g	
Total Carbohydrate – 7 g	2 %
Sugar – 4 g	
Sodium - 10 g	0 %

Vitamin A: 0 %, Vitamin B1: 20 %, Vitamin B2: 0 %, Calcium: 4 %, Iron: 4 %

Price – \$1. 60

8 Floret – Nt Wt . 30 g (Chocolate Coated Sunflower Kernels)

a Ingredients: Sunflower kernels – 29 %, Chocolate: 43 %, Sugar: 26 %, Cocoa powder: 1.5 %, Colours: 0.5 %.

b Price - \$ 1.60

9 Suncho – Nt wt . 30 g (Chocolate Coated Sunflower Kernels)

a Ingredients: Sunflower kernels – 29 %, Chocolate: 43 %, Sugar: 26 %, Cocoa Powder: 1.5 %

b Price - \$ 1.60

10 Roasted Coconut Chips – Nt Wt . 30 g

a Ingredients: Coconut, Honey, Sugar and Salt

b Serving Size: 1 pack (30 g), Serving Per Container: 1

c Amount Per Serving: Calories – 180, Calories From Fat: 90

<i>% Daily Value</i>	
Total Fat - 13 g	16 %
Saturated Fat - 7 g	33%
Cholesterol - 0 mg	0 %
Sodium - 168 mg	6 %
Total Carbohydrate - 14 g	4 %
Dietary Fiber - 2g	7 %
Sugar - 8 g	
Protein - 2 g	

Vitamin A: 0 %, Vitamin C: 0%, Calcium: 0 %, Iron: 4 %

Percent Daily Values are based on a 2000 calorie diet.

Price - \$ 1.00

11 Dehydrated Young Ginger

Wt .100 g

a Ingredients: Young Ginger, Sugar

b Price - \$ 2.70

12 Dehydrated Mangoes

Wt . 100 g

a Ingredients: Mangoes, Sugar, Sodium Metabisulfite, Tartrazine, Ponceau 4 R

b Price - \$ 2.70