



Farm Fresh Goodness Made Great

Brite Item Code	36634		
Item Description	Corn Whole Kernel 603 x 700 106 oz.		
Issue Date	March 17, 2014	Issue G	History: Issue E 11/01/12 Issue F 6/14/13 Issue G 3/17/14
Approved	K. Challoner		page 3 of 3

Nutritional Information:

Nutrition Facts*			
Serving Size 1/2 Cup (125g)			
Servings Per Container see below			
Amount Per Serving			
Calories	80	Calories from fat 10	
%Daily Value*			
Total Fat	1g	2%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	300mg	13%	
Potassium	150mg	4%	
Total Carbohydrate	17g	6%	
Dietary Fiber	2g	8%	
Sugars	4g		
Protein	2g		
Vitamin A 0% • Vitamin C 6%			
Calcium 0% • 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
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrates 4 • Protein 4			

INGREDIENTS: CORN, WATER, SUGAR, SALT

Servings per Container:

Container Size	Weight		Servings
603 x 700	6 lb. 10 oz.	3.01kg	About 24