

Nutrition Facts

Serving Size 1 Bar (50g)

Amount Per Serving

Calories 90 Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 55mg 2%

Total Carbohydrate 18g 6%

Dietary Fiber 2g 8%

Sugars 10g

Protein 2g

Vitamin A 4% • Vitamin C 0%

Calcium 10% • 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
Sat 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

ARTIFICIALLY FLAVORED
LOW FAT VANILLA
ICE CREAM WITH
COOKIE PIECES
ARTIFICIAL FLAVOR ADDED

GOOD HUMOR
Cookies & Cream
LOW FAT Ice Cream Bar

27 FL OZ
(79 mL)



INGREDIENTS: NONFAT MILK, SUGAR, COOKIE PIECES (BLEACHED WHEAT FLOUR, SUGAR, PARTIALLY HYDROGENATED SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), CORN SYRUP, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, BAKING SODA, SALT), POLYDEXTROSE, CORN SYRUP, MALTODEXTRIN, MILKFAT, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, PROPYLENE GLYCOL MONOESTERS, MONO & DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, VITAMIN A PALMITATE, ICE STRUCTURING PROTEIN.



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GUARANTEE: IF YOU ARE NOT SATISFIED WITH THE QUALITY OF THIS PRODUCT OR HAVE ANY QUESTIONS OR COMMENTS, PLEASE SEND YOUR NAME, ADDRESS AND REASON FOR DISSATISFACTION ALONG WITH THIS ENTIRE WRAPPER TO: CONSUMER RELATIONS, P.O. BOX 19007, GREEN BAY, WI 54307-9007. A PROMPT ADJUSTMENT OF EQUAL VALUE WILL BE MADE.

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