Nutrition Facts

Serving Size 1 Bar (54g)

Amount Per Serving

Calories 70 Calories from Fat 5

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 10g	
Protein 2g	

Vitamin A 2% • Vitamin C 0%

Calcium 8% • Iron 2%

*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

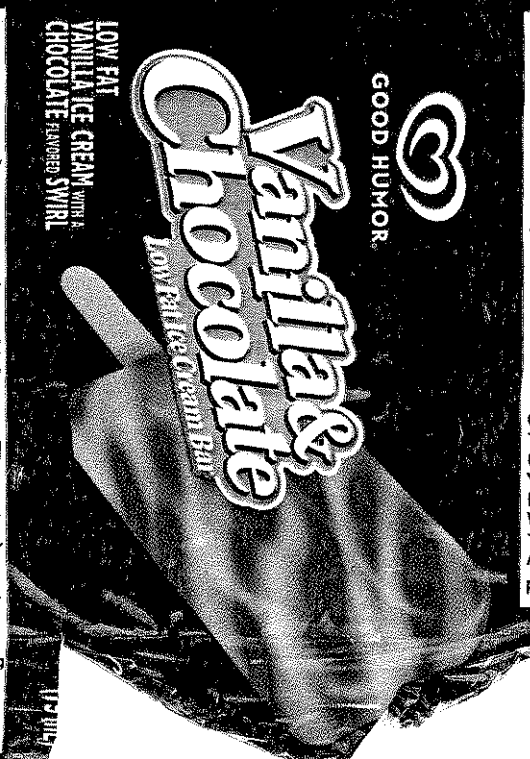
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LOW FAT VANILLA ICE CREAM WITH A CHOCOLATE FLAVORED SWIRL

GOOD HUMOR

Vanilla Chocolate

LOW FAT ICE CREAM BAR



INGREDIENTS: LOW FAT ICE CREAM: NONFAT MILK, SUGAR, POLYDEXTROSE, CORN SYRUP, MALTODEXTRIN, MILKFAT, TRICALCIUM PHOSPHATE, NATURAL FLAVOR, PROPYLENE GLYCOL MONOESTERS, MONO & DIGLYCERIDES, LOCUST BEAN GUM, GUAR GUM, VITAMIN A PALMITATE, ICE STRUCTURING PROTEIN. **CHOCOLATE FLAVORED SWIRL:** WATER, NONFAT MILK, CORN SYRUP, HIGH FRUCTOSE CORN SYRUP, SUGAR, COCOA (PROCESSED WITH ALKALI), MONO & DIGLYCERIDES, CELLULOSE GUM, GUAR GUM, MODIFIED CELLULOSE, PECTIN, POLYSORBATE 65 & 80, LOCUST BEAN GUM, CARRAGEENAN, MALT POWDER, SALT.

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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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