



Medifast Chocolate Pudding

Naturally & Artificially Flavored

57400

Nutrition Facts

Serving Size 1 packet (34 g)
Servings Per Container 7

Amount Per Serving

Calories 110 **Calories from Fat** 5

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 150mg **6%**

Potassium 500mg **14%**

Total Carbohydrate 15g **5%**

Dietary Fiber 4g **16%**

Sugars 9g

Protein 14g **28%**

Vitamin A 20% • Vitamin C 30%

Calcium 35% • Iron 25%

Vitamin D 20% • Vitamin E 20%

Vitamin K 20% • Thiamin 30%

Riboflavin 30% • Niacin 20%

Vitamin B6 30% • Folate 20%

Vitamin B12 20% • Biotin 20%

Pantothenic Acid 20% • Phosphorus 30%

Iodine 20% • Magnesium 20%

Zinc 25% • Selenium 20%

Copper 30% • Manganese 40%

Chromium 25% • Molybdenum 50%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Fructose, calcium caseinate, milk protein isolate, soy protein isolate (with less than 2% lecithin), chicory root extract (inulin), cocoa (processed with alkali), modified food starch, whey protein concentrate, maltodextrin, corn syrup solids, tetrasodium pyrophosphate, canola oil, xanthan gum, dl-methionine, natural and artificial flavor, modified cornstarch, acesulfame potassium, mono and diglycerides, sodium caseinate, salt.

Vitamins and Minerals: Potassium chloride, calcium carbonate, potassium phosphate, calcium phosphate, magnesium oxide, ascorbic acid, ferric orthophosphate, vitamin E acetate, niacinamide, zinc oxide, calcium pantothenate, manganese sulfate, copper sulfate, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, vitamin A palmitate, chromium chloride, folic acid, sodium molybdate, biotin, potassium iodide, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

CONTAINS: SOY AND MILK.

Product information may change over time. Therefore, the ingredient label on the package is always the best source for that specific item.