

Where you
recognize
all the
ingredients!®


Dr. Praeger's
PURELY SENSIBLE FOODS



Seafood

Lightly Breaded Tilapia Fillets (4 oz)



INGREDIENTS: TILAPIA FILLETS, BREADING (UNBLEACHED WHEAT FLOUR, YELLOW CORN FLOUR, CORN STARCH, YEAST, SUGAR, SALT, DEXTROSE, GARLIC POWDER, ONION POWDER, SPICES), POTATOES, EXPPELLER PRESSED CANOLA OIL

UPC CODE: 080868127026

ORDERING CODE:

NFBTILIN4

Nutrition Facts

Serving Size 4.5oz (128g)
Servings Per Container About 35

Amount Per Serving	
Calories 220	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 1g	4%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 240mg	10%
Potassium 250mg	7%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	13%
Sugars 3g	
Protein 16g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%



Lightly Breaded Fish Sticks (1 oz)



INGREDIENTS: POLLOCK FILLETS (WILD), BREADING (UNBLEACHED WHEAT FLOUR, YELLOW CORN FLOUR, CORN STARCH, YEAST, SUGAR, SALT, DEXTROSE, GARLIC POWDER, ONION POWDER, SPICES), EXPPELLER PRESSED CANOLA OIL

UPC CODE: 080868010045

ORDERING CODE:

FFSIN

Nutrition Facts

Serving Size 3 Fish Sticks (81g)
Servings Per Container About 53

Amount Per Serving	
Calories 150	Calories from Fat 60
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Potassium 90mg	3%
Total Carbohydrate 16g	5%
Dietary Fiber <1g	2%
Sugars 1g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%



Contact Dr. Praeger's at 201-703-1300 for more details.