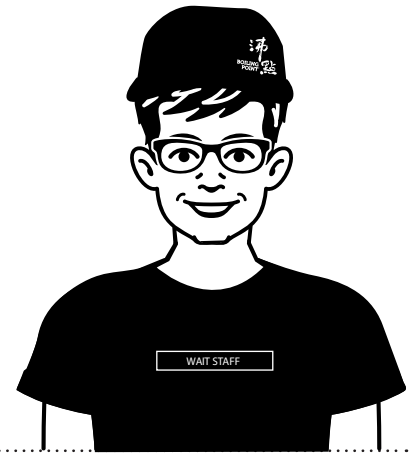




NUTRITIONAL GUIDE

[DESSERTS]



Tofu Pudding

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Gelatine, unflavored	1.2	0.50%	3.3	0	0	0	0	0	0	0	0	1.2
Cornstarch	1.1	0.50%	4.2	0	0	0	0	0.1	1	0	0	0
Sugars, granulated	16.2	7.40%	62.5	0	0	0	0	0.2	16.1	0	16.1	0
Homemade Soy Milk	200	91.60%	69.1	3.1	0.4	0	0	8.2	4.7	1.4	1.1	5.7
Totals (per serving)	218.5	100%	139	3.1	0.4	0	0	8.5	21.8	1.5	17.3	6.9

Herbal Jelly

Ingredient	Grams (g)	Grams (%)	Calories (kcal)	Total Fat (g)	Sat. Fat (g)	Trans Fat (g)	CHOL (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)
Mesona Chinensis Juice	4.4	2.30%	0.5	0	0	0	0	0.7	0.1	0	0	0
Sugars, brown	19.8	10.40%	75.2	0	0	0	0	5.5	19.4	0	19.2	0
Tapioca, pearl, dry	2.4	1.30%	8.6	0	0	0	0	0	2.1	0	0.1	0
Water, tap, drinking	154.4	81.20%	0	0	0	0	0	6.2	0	0	0	0
Cream, fluid, half and half	9.1	4.80%	11.8	1	0.6	0	3.4	3.7	0.4	0	0.4	0.3
Totals (per serving)	190.1	100%	96	1	0.6	0	3.4	16.2	22.1	0	19.7	0.3