

NOVEMBER

MILLIONS OF FOODS

		1	2	1	Avg Nutrients Target Cals... 556 111% Fiber.. 5.1* g Calcium 316.1 mg Sugar 15.3*g 11.0%Cal Carb 88.0g 63.3%Cal T.Fat 16.8g 27.2%Cal S.Fat 7.5g 12.1%Cal
4	5	6	7	8	Avg Nutrients Target Cals... 515 103% Fiber.. 5.3* g Calcium389.4* mg Sugar 19.4*g 15.0%Cal Carb 94.0g 73.0%Cal T.Fat 9.6g 16.7%Cal S.Fat 2.9g 5.1%Cal
Nutrients Target Cals... 280 80% Fiber.. 5.7* g Calcium 40.2 mg Sugar 7.9*g 11.2%Cal Carb 47.7g 68.2%Cal T.Fat 5.9g 19.1%Cal S.Fat 1.6g 5.1%Cal	Nutrients Target Cals... 653 131% Fiber.. 4.1* g Calcium 505.5 mg Sugar 15.3*g 9.4%Cal Carb 114.8g 70.3%Cal T.Fat 11.6g 16.0%Cal S.Fat 3.2g 4.4%Cal	Nutrients Target Cals... 693 139% Fiber.. 9.0* g Calcium700.0* mg Sugar 35.2*g 20.3%Cal Carb 140.6g 81.1%Cal T.Fat 10.2g 13.3%Cal S.Fat 1.4g 1.9%Cal	Nutrients Target Cals... 432 100% Fiber.. 3.1* g Calcium365.1* mg Sugar 32.0*g 29.7%Cal Carb 90.2g 83.5%Cal T.Fat 3.1g 6.5%Cal S.Fat 0.8g 1.7%Cal	Nutrients Target Cals... 515 103% Fiber.. 4.7* g Calcium336.1* mg Sugar 6.3*g 4.9%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
11	12	13	14	15	Avg Nutrients Target Cals... 498 100% Fiber.. 3.1* g Calcium408.2* mg Sugar 10.0*g 8.0%Cal Carb 86.3g 69.2%Cal T.Fat 9.8g 17.7%Cal S.Fat 4.0g 7.2%Cal
	Nutrients Target Cals... 647 129% Fiber.. 3.1* g Calcium516.9* mg Sugar 16.1*g 10.0%Cal Carb 112.7g 69.7%Cal T.Fat 11.7g 16.3%Cal S.Fat 3.2g 4.4%Cal	Nutrients Target Cals... 503 101% Fiber.. 2.9* g Calcium314.7* mg Sugar 0.2*g 0.1%Cal Carb 93.4g 74.3%Cal T.Fat 8.2g 14.7%Cal S.Fat 4.1g 7.4%Cal	Nutrients Target Cals... 328 94% Fiber.. 1.7* g Calcium465.3* mg Sugar 17.5*g 21.3%Cal Carb 62.3g 75.9%Cal T.Fat 2.3g 6.3%Cal S.Fat 1.2g 3.4%Cal	Nutrients Target Cals... 515 103% Fiber.. 4.7* g Calcium336.1* mg Sugar 6.3*g 4.9%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
18	19	20	21	22	Avg Nutrients Target Cals... 528 106% Fiber.. 3.8* g Calcium344.2* mg Sugar 18.0*g 13.6%Cal Carb 87.6g 66.4%Cal T.Fat 13.0g 22.2%Cal S.Fat 4.8g 8.2%Cal
Nutrients Target Cals... 576 115% Fiber.. 4.1* g Calcium376.1* mg Sugar 15.3*g 10.7%Cal Carb 101.0g 70.1%Cal T.Fat 13.8g 21.6%Cal S.Fat 3.5g 5.4%Cal	Nutrients Target Cals... 487 100% Fiber.. 1.1* g Calcium342.4* mg Sugar 16.1*g 13.2%Cal Carb 56.7g 46.6%Cal T.Fat 20.0g 36.9%Cal S.Fat 7.4g 13.7%Cal	Nutrients Target Cals... 619 124% Fiber.. 4.5* g Calcium317.2* mg Sugar 36.3*g 23.4%Cal Carb 122.7g 79.3%Cal T.Fat 8.5g 12.3%Cal S.Fat 4.2g 6.1%Cal	Nutrients Target Cals... 442 100% Fiber.. 4.6* g Calcium349.0* mg Sugar 15.9*g 14.4%Cal Carb 81.1g 73.4%Cal T.Fat 5.8g 11.9%Cal S.Fat 1.5g 3.0%Cal	Nutrients Target Cals... 515 103% Fiber.. 4.7* g Calcium336.1* mg Sugar 6.3*g 4.9%Cal Carb 76.6g 59.5%Cal T.Fat 16.9g 29.5%Cal S.Fat 7.5g 13.1%Cal	
25	26	27	28	29	Avg Nutrients Target Cals... 396 100% Fiber.. 5.2* g Calcium360.5* mg Sugar 7.5*g 7.6%Cal Carb 76.9g 77.7%Cal T.Fat 4.9g 11.1%Cal S.Fat 2.1g 4.7%Cal
Nutrients Target Cals... 249 71% Fiber.. 5.1* g Calcium221.6* mg Sugar 8.3*g 13.4%Cal Carb 51.8g 83.3%Cal T.Fat 3.0g 10.9%Cal S.Fat 0.5g 1.8%Cal	Nutrients Target Cals... 543 109% Fiber.. 5.2* g Calcium499.4* mg Sugar 6.7*g 4.9%Cal Carb 101.9g 75.1%Cal T.Fat 6.7g 11.2%Cal S.Fat 3.7g 6.1%Cal				

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