

NOVEMBER

MILLIONS OF FOODS

				1	Avg Nutrients Target Cals... 763 117% Fiber.. 2.8* g Calcium660.8* mg Sugar 8.9*g 4.6%Cal Carb 73.9g 38.7%Cal T.Fat 34.4g 40.6%Cal S.Fat 11.3g 13.4%Cal
4	5	6	7	8	Avg Nutrients Target Cals... 695 107% Fiber.. 8.8* g Calcium552.5* mg Sugar 19.9*g 11.4%Cal Carb 95.9g 55.2%Cal T.Fat 21.5g 27.9%Cal S.Fat 6.5g 8.4%Cal
Nutrients Target Cals... 773 119% Fiber.. 13.8* g Calcium322.9* mg Sugar 24.3*g 12.6%Cal Carb 108.8g 56.3%Cal T.Fat 26.7g 31.1%Cal S.Fat 6.1g 7.1%Cal	Nutrients Target Cals... 560 93% Fiber.. 8.9* g Calcium939.9* mg Sugar 13.6*g 9.7%Cal Carb 79.5g 56.8%Cal T.Fat 15.8g 25.4%Cal S.Fat 5.4g 8.6%Cal	Nutrients Target Cals... 640 100% Fiber.. 4.1* g Calcium518.9* mg Sugar 24.4*g 15.3%Cal Carb 76.6g 47.8%Cal T.Fat 23.4g 32.9%Cal S.Fat 6.1g 8.5%Cal	Nutrients Target Cals... 883 136% Fiber.. 10.4* g Calcium515.3* mg Sugar 34.3*g 15.5%Cal Carb 122.0g 55.3%Cal T.Fat 25.3g 25.8%Cal S.Fat 11.6g 11.8%Cal	Nutrients Target Cals... 616 100% Fiber.. 6.8* g Calcium465.6* mg Sugar 2.8*g 1.8%Cal Carb 92.7g 60.2%Cal T.Fat 16.4g 24.0%Cal S.Fat 3.3g 4.8%Cal	
11	12	13	14	15	Avg Nutrients Target Cals... 635 100% Fiber.. 9.8* g Calcium485.8* mg Sugar 19.8*g 12.5%Cal Carb 99.3g 62.5%Cal T.Fat 15.0g 21.3%Cal S.Fat 4.3g 6.1%Cal
	Nutrients Target Cals... 535 89% Fiber.. 8.1* g Calcium366.7* mg Sugar 9.1*g 6.8%Cal Carb 74.0g 55.3%Cal T.Fat 15.5g 26.0%Cal S.Fat 3.5g 5.8%Cal	Nutrients Target Cals... 854 131% Fiber.. 17.1* g Calcium500.0* mg Sugar 51.4*g 24.1%Cal Carb 161.8g 75.8%Cal T.Fat 15.7g 16.6%Cal S.Fat 4.7g 5.0%Cal	Nutrients Target Cals... 573 96% Fiber.. 8.0* g Calcium396.6* mg Sugar 17.0*g 11.9%Cal Carb 79.7g 55.6%Cal T.Fat 12.4g 19.4%Cal S.Fat 3.4g 5.3%Cal	Nutrients Target Cals... 578 96% Fiber.. 6.1* g Calcium679.8* mg Sugar 1.6*g 1.1%Cal Carb 81.5g 56.5%Cal T.Fat 16.5g 25.8%Cal S.Fat 5.6g 8.8%Cal	
18	19	20	21	22	Avg Nutrients Target Cals... 691 106% Fiber.. 9.6* g Calcium493.5* mg Sugar 9.4*g 5.4%Cal Carb 93.5g 54.2%Cal T.Fat 22.4g 29.2%Cal S.Fat 7.0g 9.1%Cal
Nutrients Target Cals... 325 54% Fiber.. 3.5* g Calcium398.9* mg Sugar 1.8*g 2.2%Cal Carb 42.8g 52.6%Cal T.Fat 10.7g 29.7%Cal S.Fat 6.2g 17.3%Cal Carb 104.6g 57.5%Cal al	Nutrients Target Cals... 908 140% Fiber.. 22.1* g Calcium544.3* mg Sugar 22.6*g 9.9%Cal Carb 136.6g 60.2%Cal T.Fat 24.6g 24.3%Cal S.Fat 7.2g 7.1%Cal	Nutrients Target Cals... 822 126% Fiber.. 6.6* g Calcium432.7* mg Sugar 7.2*g 3.5%Cal Carb 118.7g 57.8%Cal T.Fat 27.7g 30.3%Cal S.Fat 5.8g 6.4%Cal	Nutrients Target Cals... 635 100% Fiber.. 12.9* g Calcium430.8* mg Sugar 6.3*g 4.0%Cal Carb 95.6g 60.2%Cal T.Fat 14.7g 20.8%Cal S.Fat 4.5g 6.4%Cal	Nutrients Target Cals... 763 117% Fiber.. 2.8* g Calcium660.8* mg Sugar 8.9*g 4.6%Cal Carb 73.9g 38.7%Cal T.Fat 34.4g 40.6%Cal S.Fat 11.3g 13.4%Cal	
25	26	27	28	29	Avg Nutrients Target Cals... 796 122% Fiber.. 12.7* g Calcium436.6* mg Sugar 3.0*g 1.5%Cal Carb 105.5g 53.0%Cal T.Fat 29.8g 33.7%Cal S.Fat 6.8g 7.7%Cal
Nutrients Target Cals... 864 133% Fiber.. 12.0* g Calcium379.4* mg Sugar 3.0*g 1.4%Cal Carb 106.4g 49.2%Cal T.Fat 34.9g 36.3%Cal S.Fat 8.1g 8.4%Cal	Nutrients Target Cals... 728 112% Fiber.. 13.4* g Calcium493.9* mg Sugar 3.0*g 1.7%CalT.Fat 24.7g 30.5%Cal S.Fat 5.6g 6.9%Cal				

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