

CUSTOMER Gourmet Fibre	STYLE SEAL END	5/22/08	DESIGN NUMBER I1543D
DESCRIPTION FIBRE GOURMET	INSIDE SIZE 4 1/2 x 2 x 6 1/2	BOARD .016 CCSBS	

www.FiberGourmet.com

High-Fiber, Reduced-Calorie, Great Taste!
Check out **all** of our products online:



BEST BEFORE

Light Mac & Cheese



Light
MACARONI & CHEESE
DINNER
with
18g FIBER!
Compare to 2g fiber in standard pasta *per serving!*



35% Fewer Calories
260 vs. 170
Standard Fiber Gourmet

NET WT 7.25 OZ (206g) 



Made With  Technology
US & international patents pending

COOKING DIRECTIONS

- Bring 6 cups of water to a **boil on top of stove** in medium size pot.
- Stir in pasta. **Boil 7-10 minutes** or to desired texture. Stir 3-4 times.
- DRAIN, BUT DO NOT RINSE.**
- Return pasta to the pot.
- Add **1/4 cup of 2% milk** and contents of the sauce packet.
- Optionally* add 2 - 4 tbsp butter for a creamier texture
- Mix well**, until smooth & creamy.
- Serve. Makes about 3 cups.

Nutrition Facts
Serving Size 2.5 oz. (69g) makes about 1 Cup
Servings Per Container 3

Amount Per Serving	% Daily Value*
Calories 170	Calories from Fat 20
Total Fat 2g	7%
Saturated Fat 0.2g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 660mg	0%
Total Carbohydrate 49g	16%
Dietary Fiber 18g	72%
Sugars 5g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 6%

*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
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FIBER KIDS WILL EAT
According to data collected by the USDA Continuing Survey of Food Intake, **only 12% of children** consume their Daily Reference Value (DRV) of fiber each day.

Give them the fiber they need, without the fight over broccoli. Our Mac & Cheese tastes just like the usual version your kids love, but it also secretly supplies them with **70-100% of their daily fiber!** Make the choice that makes both you and your kids happy: **FiberGourmet**

How do we have 35% fewer calories than other pasta?
Our patent-pending technology lets us add lots of **dietary fiber** (specifically resistant starch) while keeping the taste and texture of standard pasta. Since fiber has **0 calories**, as the fiber goes up the calories go down.



NO GAMES! NO GIMMICKS!
Calories and fiber were all determined by laboratory analysis, available for download at www.FiberGourmet.com

**NO ARTIFICIAL COLORS!
NO ARTIFICIAL FLAVORS!**

FLEETWOOD~FIBRE PACKAGING & GRAPHICS 15250 Don Julian Road City of Industry, CA 91745 PH: 626 968 8503 • FAX: 626 330 0870		QF-502 Approval Legend (10.06)				
PROJECT	Customer Royal Angelus Gourmet	Please read the following carefully: Please inspect plotter proof carefully. What is shown on this plotter represents what will be printed or produced. This plotter is not for color. Any revisions must be clearly marked. We will not be held responsible for errors if work is printed or produced according to customer approval of this plotter. This plotter must be signed indicating your approval and returned to us before proceeding any further.	Level IP	SL <input type="checkbox"/> Proof OK as submitted <input type="checkbox"/> Proof OK with changes marked above <input type="checkbox"/> New proof required after changes		
	Project Fiber Gourmet Macaroni		R1			
	Scale 100%		CAD No. I1543D		Graphic Log No. 5682	R2
	Level					R3
	Date May 22, 2008					R4
Graphics Coordinator Approval		Customer Signature _____ Date _____				

