



Matol Diet Protein Foods Nutritional Facts Quick Reference

Protein Food Products Values per Serving	Weight per packet	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fibre	Sugars	Protein	Vitamin A % DV	Vitamin C % DV	Calcium % DV	Iron % DV
Butterscotch Pudding	25 g	90	0.4 g	0 g	0 g	10 mg	290 mg	2 g	1 g	0 g	18 g	0%	10%	50%	4%
Chocolate Pudding	32 g	110	1.0 g	0.2 g	0 g	10 mg	160 mg	3 g	1 g	0 g	20 g	0%	50%	230%	25%
Vanilla Pudding	25 g	90	1.0 g	0.2 g	0 g	10 mg	240 mg	2 g	1 g	0 g	18 g	0%	10%	50%	4%
Maple Oatmeal	38 g	150	2.0 g	1.0 g	0 g	0 mg	140 mg	12 g	3 g	0 g	18 g	0%	2%	80%	35%
Cappuccino Drink	26 g	90	1.0 g	0 g	0 g	0 mg	120 mg	5 g	3 g	0 g	18 g	0%	15%	40%	6%
Yogurt & Fieldberry Drink	27 g	130	1.0 g	0 g	0 g	0 mg	130 mg	14 g	1 g	0 g	18 g	0%	15%	45%	6%
Peach-Mango Drink	24 g	90	0.3 g	0 g	0 g	0 mg	45 mg	4 g	1 g	0 g	18 g	0%	4%	10%	2%
Cocoa Drink	33 g	120	1.0 g	1.0 g	0 g	10 mg	230 mg	7 g	3 g	0 g	20 g	0%	4%	120%	90%
3 Cheese & Fine Herbs Omelet	28 g	100	0.5 g	0.2 g	0 g	0 mg	150 mg	3 g	1 g	0 g	20 g	0%	4%	6%	2%
Vegetable Chili	33 g	120	3 g	0.3 g	0 g	0 mg	530 mg	13 g	4 g	3 g	12 g	6%	8%	6%	15%
Crispy Rice Cereal	29 g	110	0.5 g	0 g	0 g	0 mg	210 mg	7 g	0 g	1 g	18 g	0%	0%	35%	10%
Raspberry Gelatin	26 g	100	0.5 g	0.3 g	0 g	0 mg	35 mg	2 g	0 g	0 g	20 g	0%	0%	2%	2%
Leek Soup	27 g	90	1.0 g	0.3g	0 g	0 mg	1020 mg	2 g	1 g	1 g	18 g	0%	0%	4%	20%
Chicken Soup	28 g	100	1.0 g	0.3g	0 g	0 mg	420 mg	3 g	1 g	1 g	20 g	0%	0%	20%	70%
Flatbread/Pancake	39 g	140	1.5 g	0.4 g	0 g	0 mg	210 mg	13 g	2 g	0 g	18 g	0%	8%	10%	8%
Chocolate Cake/Pancake	44 g	160	2.5 g	1.0 g	0 g	10 mg	220 mg	15 g	3 g	0 g	18 g	0%	2%	110%	60%
Chocolate & Raspberry Bar	40 g	140	4 g	2 g	0 g	0 mg	220 mg	15 g	3 g	6 g	15 g	0%	0%	4%	20%
Caramel Peanut Delight Bar	41 g	160	5 g	3 g	0 g	5 mg	95 mg	15 g	0 g	4 g	15 g	0%	0%	6%	6%