



A Passion for Nutrition, Health and Wellness

To learn more about the Nestlé Professional® commitment to Nutrition, Health and Wellness, as well as recipes and creative ways to integrate nutritious solutions into your operation, visit www.nestleprofessional.com.

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WHOLE GRAIN, VEGETARIAN AND WELL-BALANCED CHOICES
Taste and nutrition without compromise



WHOLE GRAIN, VEGETARIAN AND WELL-BALANCED PRODUCTS	GLOBE CODE	PRODUCT CODE	PACK SIZE	SERVING MIX*	SERVING SIZE (g)	CALORIES	CALORIES FROM FAT	TOTAL FAT (g)	SATURATED FAT (g)	TRANS FAT (g)	CHOLESTEROL (mg)	SODIUM (mg)	CARBOHYDRATES (g)	DIETARY FIBER (g)	SUGARS (g)	PROTEIN (g)	VITAMIN A % DV	VITAMIN C % DV	CALCIUM % DV	IRON % DV	POTASSIUM (mg)	ALLERGENS						VEGETARIAN	LEAN	GLUTEN FREE	LOW SODIUM														
																						MILK	EGG	SOY	WHEAT	FISH / SHELLFISH	PEANUTS / TREE NUTS																		
MINORS® LOW SODIUM VEGETABLE BASE NAMSG** GF***	11003257	0007482605706700	6x1 lb	3/4 tsp	4.5	15	5	0.0	0.0	0.0	0	115	2	0	0	0	0	0	0	0	0	NA																							
MINORS NATURAL GLUTEN FREE VEGETABLE BASE**	12073021	0007482605406600	6X1 LB	1 TSP	6	10	0	0.0	0.0	0.0	0	440	1	0	0	<1	0	0	0	0	NA																								
MINORS SAUTÉED VEGETABLE BASE NAMSG** GF***	11003276 11003273 11001999	0007482603306100 0007482603301600 0007482603303000	6x1 lb 12x1 lb 25 lb	3/4 tsp	6	10	0	0.0	0.0	0.0	0	630	2	0	1	<1	0	0	0	0	NA																								
MINORS THAI-STYLE RED CURRY SAUCE*	12158475	0005000059004900	4X0.5 GAL	2 TBSP	32	30	15	2.0	1.0	0.0	0	270	3	0	2	<1	2	2	0	0	NA																								
MINORS CILANTRO LIME FLAVOR CONCENTRATE GF***	11003436	0007482614806200	6X13.6 OZ	1 TSP	5	15	10	1.0	0.0	0.0	0	120	1	0	0	<1	0	0	0	0	NA																								
MINORS FIRE ROASTED JALAPENO FLAVOR CONCENTRATE GF***	12225863	0007482618506700	6X13.6 OZ	1 TSP	5	5	0	0.0	0.0	0.0	0	85	<1	0	0	0	0	10	0	0	NA																								
MINORS FIRE ROASTED POBLANO FLAVOR CONCENTRATE GF***	12225862	0007482618306300	6X13.6 OZ	1 TSP	5	10	0	0.0	0.0	0.0	0	85	<1	0	0	0	4	10	0	0	NA																								
MINORS HERB DE PROVENCE FLAVOR CONCENTRATE GF***	11003286	0007482605206200	6X12.8 OZ	1 TSP	5	25	20	2.0	0.5	0.0	0	200	<1	0	0	<1	0	0	0	0	NA																								
MINORS RED CHILE ADOBO FLAVOR CONCENTRATE GF***	12225864	0007482618906500	6X13.6 OZ	1 TSP	5	5	5	0.5	0.0	0.0	0	40	0	0	0	0	4	0	0	0	NA																								
MINORS ROASTED GARLIC FLAVOR CONCENTRATE GF***	11003432	0007482614206000	6X1 LB	1 TSP	6	10	0	0.0	0.0	0.0	0	200	2	0	<1	<1	0	0	0	0	NA																								
MINORS ROASTED MIREPOIX FLAVOR CONCENTRATE GF***	11003438	0007482614006600	6X1 LB	1 TSP	6	5	0	0.0	0.0	0.0	0	75	2	0	<1	<1	0	0	0	0	NA																								
STOUFFER'S® CHICKEN FETTUCCINI, PASTA MADE WITH WHOLE GRAINS	11003888	1001380031120400	4X73 OZ	1 CUP	237	260	120	13.0	4.0	0.0	30	850	21	2	6	14	10	20	15	6	NA																								
STOUFFER'S VEGETABLE LASAGNA, PASTA MADE WITH WHOLE GRAINS	11001238	1001380030322301	4X96 OZ	1/12 PKG	227	330	130	14.0	5.0	0.0	25	950	37	3	6	13	10	4	30	2	NA																								
STOUFFER'S MACARONI & CHEESE, PASTA MADE WITH WHOLE GRAINS	12154155	0001380055875600	4X64 OZ	1 CUP	235	320	140	15.0	6.0	0.0	25	860	31	2	5	14	2	0	30	6	NA																								
LEAN CUISINE® GRILLED VEGETABLE LASAGNA	12219237	0001380062825100	4X86 OZ	1/12 PKG	204	220	35	4	2	0	15	560	32	5	7	13	90	50	20	30	1070																								
LEAN CUISINE LASAGNA W/MEAT SAUCE, MADE W/WHOLE GRAIN PASTA	12102363	0001380055365200	4X96 OZ	1/12 PKG	227	220	45	5	2.5	0	20	480	29	3	7	14	6	6	15	8	600																								
LEAN CUISINE GLAZED CHICKEN	11003913	1001380036610500	4X76 OZ	3 PCS+SCE	170	140	45	4.5	1	0	40	420	7	<1	3	17	0	2	0	2	380																								
LEAN CUISINE GRILLED CHICKEN ROMANO	11003936	1001380030122900	4X82 OZ	1 CUP	260	250	50	6	3	0	35	580	30	2	7	19	20	20	15	8	530																								
LEAN CUISINE MACARONI & CHEESE, PASTA MADE WITH WHOLE GRAINS	11003971	1001380030390200	4X76 OZ	1 CUP	220	210	50	6	3	0	15	590	29	2	7	11	2	0	25	6	310																								
LEAN CUISINE SWEET & SOUR CHICKEN	11003935	1001380030115100	4X95 OZ	1/2 CUP	145	140	5	0.5	0	0	15	210	25	1	20	7	25	30	0	2	250																								
LEAN CUISINE SIX CHEESE LASAGNA, PASTA MADE WITH WHOLE GRAINS	11004733	1001380030359901	4X96 OZ	1 CUP	227	230	50	6	2.5	0	15	600	33	4	6	11	4	8	18	6	NA																								
TRIO® CHEDDAR BROCCOLI SOUP MIX*†	12160072	0005500048958400	4X29 3/8 OZ	1/2 CUP	47	200	50	5.0	1.0	0.0	10	450	26	1	9	10	10	15	20	6	470																								
TRIO CHICKEN NOODLE SOUP MIX*†	12160073	0005500048960700	4X29 3/8 OZ	1/2 CUP	47	200	70	8.0	1.0	0.0	20	470	24	3	2	10	35	2	2	6	220																								
TRIO CREAM SOUP BASE MIX*†	12160074	0005500048962100	4X29 3/8 OZ	1/2 CUP	47	200	60	6.0	2.0	0.0	10	450	25	0	11	10	4	2	20	2	440																								
*Gravies & Sauces makes 1/4 cup prepared. Soups and bases make 1 cup prepared. **No Added MSG other than that which naturally occurs in the autolyzed yeast extract.														†Supports healthy aging with soups that deliver 200 cal, 10 grams of high quality easy to digest protein and a good source of other micro nutrients.														LV Lacto-Ovo Vegetarian																	
**Gluten Free																																See product label for the most updated information.													

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Keeping Healthy Lifestyles

Creative variety and trendsetting tastes bring them back for more.

Vegetarians and Protein

Vegetarians can meet the RDA for protein by eating a varied diet throughout the day. The recommended intake is 10% of calories coming from protein.¹

57% of 18–24-year-olds view whole grains as an important health attribute when selecting foods.²

Make at Least Half of Your Grains Whole Grains³

- Consuming foods containing fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
- Eating whole grains as part of a healthy diet combined with regular exercise may help with weight management.
- Healthful diets that include grain products fortified with folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- Diets low in saturated fat and cholesterol and rich in fruits, vegetables and whole grain products containing soluble fiber may reduce the risk of heart disease.

At Nestlé Professional®, we are committed to healthy foods with high impact flavor. For a full list of whole grain, vegetarian and balanced recipes please visit us at www.nestleprofessional.com.

¹Dietary Guidelines for Americans, 2010
²MINTEL Oxygen Report Database, Nutritional Food & Drink U.S., January 2013
³USDA; Choosemyplate.gov, 2013