

WORKSHEET LIST:

#1 Snatch the Fat cards Pages 25-36

Leader list for Healthy/ Unhealthy fat cards

Healthy / Unhealthy fat cards

#2 Track the Trans Fat Cards Pages 37-45

Comparison list

“Which Would You Choose” food label worksheets

Snatch the Fat

Leader Answer List for Food with Healthy and Unhealthy Fats

HEALTHY FAT	UNHEALTHY FAT
Olive Oil	Butter
Almonds	Cookies
Canola Oil	Milkshake
Whole Grain Bread	French Fries
Low Fat Milk	Chicken Nuggets
Sunflower Seeds	Whole Milk
Baked Fish	Pastries
Guacamole	Cheeseburger
Tuna Fish Sandwich	Hot Dog
Low Fat Yogurt	Donuts
Walnuts	Margarine

Olive Oil

Butter

Almonds

Cookies

Canola Oil

Milkshake

**Whole Grain
Bread**

French Fries

Low Fat Milk

Chicken Nuggets

Sunflower Seeds

Whole Milk

Baked Salmon

Pastries

Guacamole

Cheeseburger

**Tuna Fish
Sandwich**

Hot Dog

Low Fat Yogurt

Donuts

Walnuts

Margarine

Track the Trans Fat Comparison List

Food	Trans grams	Partially Hydrogenated Vegetable Oil?	Which is the Better Choice?
Peanut butter #1	0	No	✓
Peanut butter #2	0	Yes	
Microwave Popcorn #1	5	Yes	
Microwave Popcorn #2	0	No	✓
Margarine #1	0	No	✓
Margarine #2	2.5	Yes	
Tortilla Chips #1	0	No	✓
Tortilla Chips #2	0	Yes	
Crackers #1	0	Yes	
Crackers #2	0	No	✓
Chewy Granola Bar #1	1	Yes	
Chewy Granola Bar #2	0	No	✓
Chicken Nuggets #1	0	No	✓
Chicken Nuggets #2	1	Yes	
Chocolate Milk Drink #1	0	No	✓
Chocolate Milk Drink #2	0	Yes	

Which Would YOU Choose?

Peanut Butter # 1

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 14	
Amount Per Serving	
Calories 190	Calories from Fat 140
% Daily Value*	
Total Fat 16g	24%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	10%
Sugars 1g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Roasted Peanuts, Salt.

Peanut Butter # 2

Nutrition Facts	
Serving Size 2 TBSP	
Servings Per Container 25	
Amount Per Serving	
Calories 190	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.	
* 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

INGREDIENTS: Roasted Peanuts, Sugar, Partially Hydrogenated Vegetable Oils (Cottonseed, Soybean and Rapeseed) to Prevent Separation, Salt.

Microwave Popcorn # 1

Nutrition Facts	
Serving Size 3 TBSP UNPOPPED	
Servings Per Container 18	
Amount Per Serving	
Calories 180	Calories from Fat 100
% Daily Value*	
Total Fat 11g	18%
Saturated Fat 2.5g	13%
Trans Fat 5g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	14%
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Whole Grain Popcorn, Partially Hydrogenated Soybean Oil, Salt, Natural and Artificial Flavor, Color Added, Nonfat Milk. Freshness Preserved by Propyl Gallate and Citric Acid.

Microwave Popcorn # 2

Nutrition Facts	
Serving Size 3.5 CUP	
Servings Per Container 3	
Amount Per Serving	
Calories 130	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: All Natural Ingredients: Newman's Own Microwave Popcorn, Palm Oil, Salt, Soybean Oil, Natural Flavors, Vitamin E (for Freshness).

Margarine # 1

Nutrition Facts	
Serving Size 1 TBSP	
Servings Per Container 30	
Amount Per Serving	
Calories 80	Calories from Fat 80
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 0%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Vegetable Oil, Blend (Liquid Soybean Oil, Canola Oil, Sunflower Oil, Palm Oil, Palm Kernel Oil), Water, Whey (from Milk), Salt, Vegetable Mono and Diglycerides, Soy Lecithin, (Potassium Sorbate, Calcium Disodium EDTA) Used to Protect Quality, Vitamin E, Citric Acid, Artificial Flavor, Vitamin A Palmitate, Beta Carotene (for Color), Vitamin D3, Pyridoxine Hydrochloride (Vitamin B6),

Margarine # 2

Nutrition Facts	
Serving Size 1 TBSP	
Servings Per Container 32	
Amount Per Serving	
Calories 100	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 2g	11%
Trans Fat 2.5g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 0g	0%
Protein 0g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 0%
Percent daily value reflects "as packaged" food.	
Product is marked with a Kosher symbol.	
* 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

INGREDIENTS: Liquid Soybean Oil, Partially Hydrogenated Soybean Oil, Water, Buttermilk, Salt, Soy Lecithin, Sodium Benzoate (as a Preservative), Vegetable Mono and Diglycerides, Artificial Flavor, Vitamin Palmitate, Colored with Beta Carotene (Provitamin A).

Tortilla Chips # 1

Tortilla Chips # 2

Nutrition Facts	
Serving Size 1	
Servings Per Container 9	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 6g	10%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 0%
Percent daily value reflects "as packaged" food.	
Product is marked with a Kosher symbol.	
* 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

INGREDIENTS: Organic Yellow Corn, Expeller Pressed Oleic Safflower and/or Sunflower Oil, and/or Expeller Pressed Canola Oil, Sea Salt.

Nutrition Facts	
Serving Size 1 OZ	
Servings Per Container 13	
Amount Per Serving	
Calories 140	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Whole Corn, Vegetable Oil (Contains One or More of the Following: Corn, Soybean, or Sunflower Oil), Buttermilk Solids, Salt, Tomato Powder, Partially Hydrogenated Soybean Oil, Corn Syrup Solids, Corn Starch, Whey, Onion Powder, Garlic Powder, Monosodium Glutamate, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Nonfat Milk Solids, Sugar, Dextrose, Malic Acid, Sodium Caseinate, Sodium Acetate, Artificial Color (Including Red 40, Blue 1, Yellow 5), Spice, Natural and Artificial Flavor, Sodium Citrate, Disodium Inosinate, and Disodium Guanylate.

Crackers # 1

Nutrition Facts	
Serving Size 5 CRACKERS	
Servings Per Container 21	
Amount Per Serving	
Calories 80	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid), Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil (Adds a Trivial Amount of Trans Fat), High Fructose Corn Syrup, Leavening (Calcium

Crackers # 2

Nutrition Facts	
Serving Size 6 CRACKERS	
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	4%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	7%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	13%
Sugars 0g	
Protein 3g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
Percent daily value reflects "as packaged" food.	
* 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

INGREDIENTS: Whole Wheat, Soybean Oil, Salt, Monoglycerides.

Chewy Granola Bar # 1

Chewy Granola Bar # 2

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 10			
Amount Per Serving			
Calories 120	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1.5g	8%		
Trans Fat 1g			
Cholesterol 0mg	0%		
Sodium 70mg	3%		
Total Carbohydrate 21g	7%		
Dietary Fiber 1g	4%		
Sugars 9g			
Protein 2g			
Vitamin A 0%	Vitamin C 0%		
Calcium 0%	Iron 2%		
Percent daily value reflects "as packaged" food. Product is marked with a Kosher symbol.			
* 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	

INGREDIENTS: Granola (Rolled Oats, Rolled Whole Wheat, Brown Sugar, Partially Hydrogenated Vegetable Oil [Soybean and/or Cottonseed], Dried Unsweetened Coconut, Nonfat Dry Milk, Honey, Natural Flavor),

Nutrition Facts			
Serving Size 1 BAR			
Servings Per Container 5			
Amount Per Serving			
Calories 220	Calories from Fat 100		
% Daily Value*			
Total Fat 12g	18%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 230mg	10%		
Total Carbohydrate 23g	8%		
Dietary Fiber 3g	12%		
Sugars 13g			
Protein 7g			
Vitamin A 0%	Vitamin C 0%		
Calcium 2%	Iron 6%		
Percent daily value reflects "as packaged" food. * 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	

INGREDIENTS: Peanuts, Corn Syrup, Crisped Rice [Rice Flour, Sugar, Malt Extract, Salt, Caramel Color, Mixed Tocopherols (to Help Protect Flavor)], Peanut Butter (Roasted Ground Peanuts), Sugar, Evaporated Cane Juice Invert Syrup, Whole Grain Rolled Oats, Almonds, Cashews, Contains Less than 1.5% of Whey (from Milk), Soy Lecithin, Salt, Honey, Vegetable Oil (Peanut and/or Cottonseed Oil), Resistant Corn Dextrin, Granola (Whole Grain Rolled Oats, Brown Sugar, Whole Grain Rolled Wheat, Coconut, Canola Oil, Wheat Bran), Xanthan Gum, Mixed Tocopherols (to Help Protect Flavor).

Chicken Nuggets # 1

Nutrition Facts			
Serving Size 4 NUGGETS			
Servings Per Container 4			
Amount Per Serving			
Calories 160	Calories from Fat 70		
% Daily Value*			
Total Fat 7g	11%		
Saturated Fat 2g	10%		
Trans Fat 0g			
Cholesterol 30mg	10%		
Sodium 270mg	11%		
Total Carbohydrate 13g	4%		
Dietary Fiber 2g	8%		
Sugars 1g			
Protein 10g			
Vitamin A 0%	Vitamin C 2%		
Calcium 0%	Iron 4%		
Percent daily value reflects "as packaged" food.			
* 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	

INGREDIENTS: Boneless, Skinless Chicken Breast with Rib Meat, Water, Potassium Lactate, Sugar, Corn Syrup Solids, Modified Food Starch, Salt, Flavorings, Sodium Phosphates, Sodium Diacetate, Carrageenan. Breaded with: Whole Wheat Flour, Water, Wheat Flour, Whole Grain Yellow Corn Meal, Modified Food Starch, Salt, Yeast, Natural Flavors, Whey, Dextrose, Leavening (Sodium and Pyrophosphate, Sodium Bicarbonate), Sugar, Calcium Propionate (to Protect Freshness), Guar Gum, Extractives of Paprika and Annatto, Potassium Sorbate (to Protect Freshness).

Chicken Nuggets # 2

Nutrition Facts			
Serving Size			
4 pieces			
Amount per serving			
Calories 170	Calories from Fat 90		
% Daily Value*			
Total Fat 10g	15%		
Saturated Fat 2g	10%		
Trans Fat 1g			
Cholesterol 25mg	8%		
Sodium 450mg	19%		
Total Carbohydrates 10g	3%		
Protein 10g			
Vitamin A	2%	Vitamin C	2%
Calcium	0%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.			

INGREDIENTS: White boneless chicken, water, food starch-modified, salt, seasoning (autolyzed yeast extract, salt, wheat starch, natural flavoring (botanical source), safflower oil, dextrose, citric acid, rosemary), sodium phosphates, seasoning (canola oil, mono- and diglycerides, extractives of rosemary). Battered and breaded with: water, enriched flour (bleached wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), yellow corn flour, food starch-modified, salt, leavening (baking soda, sodium acid pyrophosphate, sodium aluminum phosphate, monocalcium phosphate, calcium lactate), spices, wheat starch, whey, corn starch. Prepared in vegetable oil (Canola oil, corn oil, soybean oil, hydrogenated soybean oil with TBHQ and citric acid added to preserve freshness). Dimethylpolysiloxane added as an antifoaming agent.

Chocolate Milk Drink # 1

Nutrition Facts			
Serving Size 1			
Servings Per Container 8			
Amount Per Serving			
Calories 25		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 200mg			8%
Total Carbohydrate 4g			1%
Dietary Fiber 1g			1%
Sugars 2g			
Protein 2g			
Vitamin A 0%		Vitamin C 0%	
Calcium 30%		Iron 4%	
Percent daily value reflects "as packaged" food.			
* 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

INGREDIENTS: Nonfat Dry Milk, Cocoa (Processed with Alkali), Calcium Carbonate, Modified Whey, Salt, Less Than 2% of: Carrageenan, Sucralose (Splenda Brand), Natural and Artificial Flavors, Polysorbate 60, Disodium Phosphate.

Chocolate Milk Drink # 2

Nutrition Facts			
Serving Size 1 ENVELOPE			
Servings Per Container 10			
Amount Per Serving			
Calories 120		Calories from Fat 25	
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 170mg			7%
Total Carbohydrate 23g			8%
Dietary Fiber 1g			4%
Sugars 17g			
Protein 1g			
Vitamin A 0%		Vitamin C 0%	
Calcium 4%		Iron 6%	
Percent daily value reflects "as packaged" food.			
* 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

INGREDIENTS: Sugar, Corn Syrup, Modified Whey, Cocoa (Processed with Alkali), Partially Hydrogenated Coconut Oil, Nonfat Dry Milk, Less than 2% of: Salt, Dipotassium Phosphate, Carrageenan, Artificial Flavor, Mono- and Diacylglycerides.