



CLOSE UPS

**Golden Choice
Low Sugar Pudding Mix**

Make delectable desserts in minutes using Golden Choice **Low Sugar Pudding Mixes!** Our low sugar pudding mixes come in 12 delicious flavors so you can be sure your residents never grow tired of the menu.

Pudding Mix Flavors:

- Banana
- Butter Pecan
- Butterscotch
- Chocolate
- French Vanilla
- Lemon
- Pistachio
- Peaches & Cream
- Pumpkin Spice
- Strawberry
- Toasted Coconut
- Vanilla

- Pudding Variety Pack #1**
- 1 Chocolate
 - 1 Banana
 - 1 Butterscotch
 - 1 Lemon
 - 1 Coconut
 - 1 Vanilla

Make Them Something Sweet to Eat!

Just because it tastes good doesn't make it bad for you! Our pudding mixes contain only 1 gram of sugar per serving, are Fat Free, Cholesterol Free, and Low Calorie!

Offer Variety on the Menu!

Our Pudding Mixes come in 12 fantastic flavors to choose from. That's 12 days of desserts without ever having to serve the same thing twice. What's more, our variety packs make ordering a breeze!

Keep Waste to a Minimum!

Golden Choice's convenient low-yield packaging means you can prepare only what you need without hassle. What's more, all of our mixes are shelf-stable and last up to 24 months without sacrificing freshness or flavor.





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**Golden Choice
Low Sugar Pudding Mix
(except Chocolate & Pumpkin)**

Product Detail
Case Size: 6 / 9.25 oz bags
Servings per Container: 34
Servings per Case: 204

Basic Recipe

1 bag Golden Choice Pudding Mix
1 gallon Skim Milk

- 1) Combine all ingredients in mixing bowl.
- 2) Mix at slow speed until product is combined. Scrape sides of bowl and mix at medium speed for 6 minutes.
- 3) Pour into serving dishes.
- 4) Refrigerate for 30 minutes or until ready to serve.

Nutrition Facts	As Packaged		As Prepared with Skim Milk	
		(8g)		4 oz (125g)
Serving Size		(8g)		4 oz (125g)
Servings Per Container		34		34
Amount Per Serving				
Calories		25		70
Calories from Fat		0		0
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	45mg	2%	105mg	4%
Total Carbohydrate	6g	2%	12g	4%
Dietary Fiber	0g	0%	0g	0%
Sugars	3g		9g	
Protein	0g		4g	
*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	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
		Vitamin A	0%	4%
		Vitamin C	0%	0%
		Calcium	10%	25%
		Iron	0%	0%

Ingredients

Modified Corn Starch, Fructose, Tetrasodium Pyrophosphate, Skim Milk Powder, Tricalcium Phosphate, Carrageenan, Mono- and Diglycerides, Maltodextrin, Salt, Natural and Artificial Flavor, Acesulfame-K, Sucralose, Natural and Artificial Color (May contain one or more of the following: FD&C Yellow #5, FD&C Yellow #6, Red #40, FD&C Blue #1, or Caramel Color).



CLOSE UPS

**Golden Choice
Low Sugar Pudding Mix
(Chocolate)**

Product Detail
Case Size: 6 / 16 oz bags
Servings per Container: 36
Servings per Case: 216

- Basic Recipe**
- 1 bag Golden Choice Chocolate Pudding Mix
1 gallon Skim Milk
- 1) Combine all ingredients in mixing bowl.
 - 2) Mix at slow speed until product is combined. Scrape sides of bowl and mix at medium speed for 6 minutes.
 - 3) Pour into serving dishes.
 - 4) Refrigerate for 30 minutes or until ready to serve.

Nutrition Facts	As Packaged		As Prepared with Skim Milk	
		(13g)	1/2 cup (4 oz)	(123g)
Serving Size		(13g)	1/2 cup (4 oz)	(123g)
Servings Per Container		36		36
Amount Per Serving				
Calories		40		80
Calories from Fat		5		5
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	60mg	3%	120mg	5%
Total Carbohydrate	9g	3%	15g	5%
Dietary Fiber	1g	4%	1g	4%
Sugars	4g		9g	
Protein	1g		5g	
*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		
Saturated Fat	Less than 20g	25g		
Cholesterol	Less than 300mg	300 mg		
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
Modified Corn Starch, Fructose, Cocoa, Tetrasodium Pyrophosphate, Skim Milk Powder, Caramel Color, Tricalcium Phosphate, Carageenan, Mono- and Diglycerides, Maltodextrin, Salt, Natural and Artificial Flavor, Acesulfame-K, Sucralose.



CLOSE UPS

**Golden Choice
Low Sugar Pudding Mix
(Pumpkin)**

Product Detail
Case Size: 6 / 16 oz bags
Servings per Container: 36
Servings per Case: 216

Basic Recipe

1 bag Golden Choice Chocolate Pudding Mix
1 gallon Skim Milk

- 1) Combine all ingredients in mixing bowl.
- 2) Mix at slow speed until product is combined. Scrape sides of bowl and mix at medium speed for 6 minutes.
- 3) Pour into serving dishes.
- 4) Refrigerate for 30 minutes or until ready to serve.

Nutrition Facts	As Packaged		As Prepared with Skim Milk	
		(13g)		(123g)
Serving Size		(13g)		(123g)
Servings Per Container		36		36
Amount Per Serving				
Calories		40		80
Calories from Fat		0		0
		% Daily Value*		% Daily Value*
Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	0%
Sodium	60mg	3%	120mg	5%
Total Carbohydrate	10g	3%	15g	5%
Dietary Fiber	1g	4%	1g	4%
Sugars	4g		10g	
Protein	0g		4g	
*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	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300 mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	
Calories per gram:				
Fat 9 • Carbohydrate 4 • Protein 4				
Vitamin A	2%		6%	
Vitamin C	2%		4%	
Calcium	15%		25%	
Iron	0%		0%	

Ingredients

Modified Corn Starch, Fructose, Pumpkin Powder, Tetrasodium Pyrophosphate, Skim Milk Powder, Tricalcium Phosphate, Carageenan, Mono- and Diglycerides, Maltodextrin, Salt, Natural and Artificial Flavor, Acesulfame-K, Sucralose. Natural and Artificial Color (May contain one or more of the following: FD&C Yellow #5, FD&C Yellow #6, Red #40, FD&C Blue #1, or Caramel Color).