



*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
- Cheesecake
- Chocolate
- French Vanilla
- Lemon
- Pistachio
- Peaches & Cream
- Pumpkin Spice
- Strawberry
- Toasted Coconut
- Vanilla
- White Chocolate
  
- 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
<b>Amount Per Serving</b>				
<b>Calories</b>		25		70
Calories from Fat		0		0
		<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	45mg	2%	105mg	4%
<b>Total Carbohydrate</b>	6g	2%	12g	4%
Dietary Fiber	0g	0%	0g	0%
Sugars	3g		9g	
<b>Protein</b>	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				
		<b>Vitamin A</b>	0%	4%
		<b>Vitamin C</b>	0%	0%
		<b>Calcium</b>	10%	25%
		<b>Iron</b>	0%	0%

**Ingredients**

Modified Food 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	36
<b>Amount Per Serving</b>				
Calories		40		80
Calories from Fat		5		5
		<b>% Daily Value*</b>		<b>% Daily Value*</b>
<b>Total Fat</b>	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	60mg	3%	120mg	5%
<b>Total Carbohydrate</b>	9g	3%	15g	5%
Dietary Fiber	1g	4%	1g	4%
Sugars	4g		9g	
<b>Protein</b>	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	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**  
Modified Food 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.



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## 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	
Serving Size	(13g)		(123g)	
Servings Per Container	36		36	
<b>Amount Per Serving</b>				
<b>Calories</b>	40		80	
Calories from Fat	0		0	
	<b>% Daily Value*</b>		<b>% Daily Value*</b>	
<b>Total Fat</b>	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g		0g	
<b>Cholesterol</b>	0mg	0%	0mg	0%
<b>Sodium</b>	60mg	3%	120mg	5%
<b>Total Carbohydrate</b>	10g	3%	15g	5%
Dietary Fiber	1g	4%	1g	4%
Sugars	4g		10g	
<b>Protein</b>	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				
<b>Vitamin A</b>	2%		6%	
<b>Vitamin C</b>	2%		4%	
<b>Calcium</b>	15%		25%	
<b>Iron</b>	0%		0%	

### Ingredients

Modified Food 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).