

Augason Farms

Three Months Two Person 60 Total #10 Cans

HARD WHITE WHEAT (6 cans)

Nutrition Facts

Serving Size: 1/4 Cup (43g) Dry	
Servings Per Container: 51	
Amount Per Serving	
Calories 140	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 6g	23%
Sugars 2g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Hard white wheat berries.

Contains allergens: Wheat.

LENTILS (1 can)

Nutrition Facts

Serving Size: 1/4 Cup (47g) Dry	
Servings Per Container: 48	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 13g	52%
Sugars 0g	
Protein 12g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 20%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Lentils.

PINTO BEANS (1 can)

Nutrition Facts

Serving Size: 1/2 Cup (86g) Dry	
Servings Per Container: 26	
Amount Per Serving	
Calories 300	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 54g	18%
Dietary Fiber 20g	80%
Sugars 4g	
Protein 18g	
Vitamin A 0%	Vitamin C 10%
Calcium 10%	Iron 10%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Pinto Beans.

BLACK TURTLE BEANS (3 cans)

Nutrition Facts

Serving Size: 1/4 Cup (46g) Dry	
Servings Per Container: 49	
Amount Per Serving	
Calories 150	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 10g	40%
Sugars 0g	
Protein 10g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Black Turtle Beans.

HONEY COATED BANANA SLICES (3 cans)

Nutrition Facts

Serving Size: 1/2 Cup (42g) Dry	
Servings Per Container: 22	
Amount Per Serving	
Calories 230	Calories from Fat 140
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 14g	68%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 210mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	6%
Sugars 12g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 0%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Bananas, coconut/vegetable oil, sugar/honey, natural flavoring.

FREEZE DRIED SLICED STRAWBERRIES (1 can)

Nutrition Facts

Serving Size: 1/2 Cup (10g) Dry	
Servings Per Container: 18	
Amount Per Serving	
Calories 35	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 1g	
Vitamin A 0%	Vitamin C 110%
Calcium 2%	Iron 4%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Sliced freeze-dried strawberries.

DEHYDRATED POTATO DICES (4 cans)

Nutrition Facts

Serving Size: 1/2 Cup (43g) Dry	
Servings Per Container: 20	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 0%	Vitamin C 25%
Calcium 2%	Iron 2%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Dehydrated potatoes.

POTATO GEMS (2 cans)

Nutrition Facts

Serving Size: 1/4 Cup (30g) Dry	
Servings Per Container: 45	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 520mg	22%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 15%
Calcium 2%	Iron 2%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Potato gems (potato, canola oil preserved with citric acid and BHT), contains 2% or less of artificial color, mono and diglycerides, natural and artificial flavor. Freshness preserved with sodium bisulfite and BHT.

Contains allergens: Milk.

DEHYDRATED POTATO SHREDS (1 can)

Nutrition Facts

Serving Size: 1/2 Cup (31g) Dry	
Servings Per Container: 21	
Amount Per Serving	
Calories 110	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 450mg	19%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 20%
Calcium 2%	Iron 2%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Potato shreds (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

DEHYDRATED DICED CARROTS (3 cans)

Nutrition Facts

Serving Size: 1/3 Cup (36g) Dry	
Servings Per Container: 29	
Amount Per Serving	
Calories 120	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 3g	
Vitamin A 780%	Vitamin C 45%
Calcium 8%	Iron 8%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Diced dehydrated carrots.

DEHYDRATED SPINACH FLAKES (3 cans)

Nutrition Facts

Serving Size: 1/4 Cup (5g) Dry	
Servings Per Container: 45	
Amount Per Serving	
Calories 10	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber less than 1g	2%
Sugars 0g	
Protein 2g	
Vitamin A 10%	Vitamin C 25%
Calcium 6%	Iron 8%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Dehydrated spinach.

FREEZE DRIED SWEET CORN (2 carts)

Nutrition Facts

Serving Size: 1/2 Cup (19g) Dry	
Servings Per Container: 23	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 2g	
Vitamin A 2%	Vitamin C 8%
Calcium 0%	Iron 2%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Freeze-dried corn.

FD BROCCOLI FLORETS & STEMS (2 cans)

Nutrition Facts

Serving Size: 1/2 Cup (7g) Dry	
Servings Per Container: 28	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	9%
Sugars 1g	
Protein 2g	
Vitamin A 20%	Vitamin C 110%
Calcium 4%	Iron 4%

*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 • Carbs 4 • Protein 4

INGREDIENTS:

Florets (potato, salt, dextrose). Freshness preserved with sodium bisulfite and BHT.

DEHYDRATED DICED BELL PEPPERS (RED & GREEN) (1 can)

Nutrition Facts

Serving Size: 1/3 Cup (5g) Dry	
Servings Per Container: 113	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 20%	Vitamin C 160%
Calcium 0%	Iron 2%

*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	
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