



## HMR® WEIGHT-LOSS FOODS



Thai Curry entree shown with added vegetables.

HMR is a subsidiary of Merck.

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# HMR SHAKES AND SOUP

See pages 17–21 for full nutrition information.



## HMR 120<sup>‡</sup>

Each serving of HMR 120 provides 25–35% of the daily adult need for most vitamins and minerals.\* A staff favorite—HMR 120 makes a delicious base for fruit smoothies. One canister contains 12 servings.

Vanilla (*one scoop*)—120 calories

12g protein, 350mg calcium, 1.5g fat, 0g trans fat, 15g carbohydrate, 180mg sodium

Chocolate (*one scoop*)—120 calories

12g protein, 350mg calcium, 2g fat, 0g trans fat, 14g carbohydrate, 190mg sodium

Makes lactose-free  
shakes & pudding



## HMR 70 Plus<sup>‡</sup>

HMR 70 Plus instantly whips into a smooth, creamy pudding or makes a delicious, lactose-free shake. Multivitamin/mineral tablets included. One box contains 18 servings.

Vanilla (*one packet*)—110 calories

15g protein, 300mg calcium, 0g fat, 0g trans fat, 13g carbohydrate, 200mg sodium

Chocolate (*one packet*)—110 calories

15g protein, 300mg calcium, 0g fat, 0g trans fat, 12g carbohydrate, 200mg sodium



## HMR 500 Chicken Soup

A unique meal replacement with the versatility to be a savory soup or a sauce to dress up vegetables. HMR 500 Chicken Soup can be a substitute for a shake. Comes in single-serving, easy-to-carry packets. Multivitamin/mineral tablets included. One box contains 18 servings.

Chicken Soup (*one packet*)—100 calories

11g protein, 300mg calcium, 1g fat, 0g trans fat, 14g carbohydrate, 390mg sodium

\*Based on FDA guidelines for food product labeling. Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<sup>‡</sup>People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled “gluten free” because they are not made in gluten-free facilities and have not been evaluated under FDA’s gluten-free regulations.

## HMR SHAKES CONTINUED



### HMR 800<sup>‡</sup>

Blends into a rich, creamy shake with higher protein and just a few more calories. Each HMR 800 serving provides 16 grams of protein. Multivitamin/mineral tablets included. One box contains 18 servings.

*Vanilla (one packet)*—170 calories

16g protein, 450mg calcium, 2g fat, 0g trans fat, 21g carbohydrate, 220mg sodium

*Chocolate (one packet)*—160 calories

16g protein, 450mg calcium, 2g fat, 0g trans fat, 19g carbohydrate, 220mg sodium



### HMR 500<sup>‡</sup>

The original HMR Shake that started it all. It's easy to whip up a thick, delicious shake at home, the office, or almost anywhere with convenient single-serving HMR 500 packets. Multivitamin/mineral tablets included. One box contains 18 servings.

*Vanilla (one packet)*—100 calories

10g protein, 300mg calcium, 0g fat, 0g trans fat, 16g carbohydrate, 180mg sodium

*Chocolate (one packet)*—100 calories

10g protein, 300mg calcium, 0g fat, 0g trans fat, 15g carbohydrate, 170mg sodium

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## HMR ENTREES

See pages 17—21 for full nutrition information.



### Vegetarian Thai Curry with Brown Rice *vegetarian*

A tasty blend of brown rice, hearty meatless protein, and vegetables in a mild curry sauce. 8 oz. serving.

230 calories, 11g protein, 5g fat, 0g trans fat, 34g carbohydrate, 530mg sodium



### Vegetable Stew with Beef

This full-flavored stew is prepared with tender chunks of beef with farm-fresh potatoes, onions, carrots, peas, and celery. 7.5 oz. serving.

160 calories, 13g protein, 2.5g fat, 0g trans fat, 20g carbohydrate, 530mg sodium



### Chicken Pasta Parmesan

Tender chicken pieces and pasta shells in a classic Italian sauce flavored with parmesan and romano cheeses. 8 oz. serving.

200 calories, 15g protein, 5g fat, 0g trans fat, 23g carbohydrate, 550mg sodium



*Thai Curry shown with additional vegetables.*

## HMR ENTREES CONTINUED



### Lasagna with Meat Sauce

Lasagna layered with a delicious blend of ricotta, mozzarella, parmesan cheese, and classic vegetables, topped with a rich Italian meat sauce. 8 oz. serving.

270 calories, 15g protein, 8g fat, 0g trans fat, 34g carbohydrate, 570mg sodium



### Mushroom Risotto<sup>‡</sup> *vegetarian*

Creamy wild and white rice with mushrooms and red peppers in a flavorful cheese sauce. 8 oz. serving.

230 calories, 12g protein, 5g fat, 0g trans fat, 33g carbohydrate, 560mg sodium



### Chicken Enchiladas with Tomatillo Sauce

Two corn tortillas filled with chicken, beans, roasted peppers, and corn in a zesty tomatillo sauce. 8 oz. serving.

230 calories, 10g protein, 4.5g fat, 0g trans fat, 38g carbohydrate, 500mg sodium



### Chicken Creole with Brown Rice<sup>‡</sup>

Delicious chunks of chicken with hearty brown rice simmered in a zesty tomato sauce. 8 oz. serving.

230 calories, 12g protein, 5g fat, 0g trans fat, 33g carbohydrate, 410mg sodium



### Turkey Chili with Beans<sup>‡</sup>

Lean, seasoned ground turkey is combined with pinto beans in a spicy red sauce.

8 oz. serving.

220 calories, 19g protein, 5g fat, 0g trans fat, 27g carbohydrate, 600mg sodium



### Chicken with Barbecue Sauce with Rice and Beans<sup>‡</sup>

Tender, boneless chicken smothered in tangy barbecue sauce, served with rice and pinto beans. 7.2 oz. serving.

280 calories, 19g protein, 4g fat, 0g trans fat, 41g carbohydrate, 410mg sodium



### Savory Chicken<sup>‡</sup>

Tender strips of chicken cooked with mushrooms and carrots in a rich, brown sauce, served over wild rice. 7.25 oz. serving.

210 calories, 14g protein, 4g fat, 0g trans fat, 28g carbohydrate, 450mg sodium



### Cheese and Basil Ravioli with Tomato Sauce *vegetarian*

Delicate pasta filled with a flavorful blend of cheese, basil, and spices in a red sauce.

8 oz. serving.

180 calories, 10g protein, 4.5g fat, 0g trans fat, 28g carbohydrate, 590mg sodium

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## HMR ENTREES CONTINUED



### Beef Stroganoff with Noodles

Strips of lean beef, egg noodles, and mushrooms in a flavorful cream sauce.

8 oz. serving

250 calories, 19g protein, 8g fat, 0g trans fat, 23g carbohydrate, 600mg sodium



### Pasta Fagioli *vegetarian*

Traditional hearty recipe of penne pasta, beans, carrots, and tomatoes in a savory brown sauce.

8 oz. serving

210 calories, 14g protein, 6g fat, 0g trans fat, 25g carbohydrate, 470mg sodium



### Steak Strips with Red Potatoes and Sauce<sup>‡</sup>

Tender slices of seasoned steak with roasted red potatoes, mushrooms, green beans, and corn in a savory brown sauce. 7.5 oz. serving

180 calories, 13g protein, 5g fat, 0g trans fat, 22g carbohydrate, 510mg sodium



### Five-Bean Casserole<sup>‡</sup> *vegetarian*

A fiber-rich combination of red beans, black beans, white beans, chickpeas, and lentils in a mild, chili-flavored sauce. 8 oz. serving.

240 calories, 11g protein, 3.5g fat, 0g trans fat, 42g carbohydrate, 560mg sodium



# HMR MULTIGRAIN HOT CEREAL

See pages 17—21 for full nutrition information.



## Multigrain Hot Cereal

HMR's Multigrain Hot Cereal has everything you want in a hot cereal...and more! Each serving includes a hearty blend of oats, wheat, and corn, plus tangy red currants and cranberries, chewy bits of apple, and just a hint of cinnamon.

Packed with 1½ servings of whole grains, plus 25% of the Daily Value\* for most vitamins and minerals in each delicious serving.

220 calories, 10g protein, 2.5g fat, 0g trans fat, 40g carbohydrate, 135mg sodium, 250mg calcium

Each box contains 18 cereal packets.

**Did you know: A diet that is rich in whole grain foods and other plant foods, and is low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers.**

*\*Based on FDA guidelines for food product labeling. Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.*

# HMR BENEFIT BARS

See pages 17—21 for full nutrition information.



## Chocolate Peanut Butter Flavored Crunch Bar

Delicious peanuts, peanut butter, and drizzle of milk chocolate with a satisfying crunch.

One Bar—1.48 oz

170 calories, 10g protein, 100mg calcium, 7g fat, 0g trans fat, 20g carbohydrate, 180mg sodium



## Iced Oatmeal Flavored Crunch Bar

Like your favorite oatmeal raisin cookie, with a satisfying crunch and a sweet yogurt drizzle.

One Bar—1.48 oz

150 calories, 10g protein, 150mg calcium, 3g fat, 0g trans fat, 23g carbohydrate, 125mg sodium



## Lemon Flavored Crisp Bar

A refreshing bar with the tangy flavor of lemons and a sweet yogurt drizzle. One Bar—1.48 oz

160 calories, 10g protein, 150mg calcium, 3.5g fat, 0g trans fat, 23g carbohydrate, 120mg sodium



## Double Chocolate Chip Bar

A chocolate lover's dream with both chocolate and chocolate chips all under a drizzle of chocolate. One Bar—1.51 oz

160 calories, 10g protein, 150mg calcium, 4.5g fat, 0g trans fat, 24g carbohydrate, 105mg sodium

Each box contains 24 bars.

# HMR SHAKES, SOUP, & CEREAL INGREDIENTS

## HMR 120<sup>†</sup>

A great-tasting shake loaded with nutrition. Provides one third of the adult needs for most vitamins and minerals in a single serving. Packaged in a convenient canister. Available in vanilla or chocolate.

Vanilla Ingredients: Nonfat Dry Milk, Whey Protein Concentrate, Whole Milk Solids, Soy Protein Isolate, Calcium Caseinate, Egg White Solids, Fructose, Sugar, Dried Whey, Sunflower Oil, Xanthan Gum, Cellulose Gum, Maltodextrin, Aspartame,\* Natural & Artificial Flavors, Salt, Corn Syrup Solids, Lecithin, Sodium Caseinate, Monoglycerides, Silicon Dioxide, Tocopherols and the Following Vitamins and Minerals: Copper Oxide, Magnesium Oxide, Calcium Phosphate, Calcium Carbonate, Sodium Ascorbate, Vitamin E Acetate, Potassium Chloride, Sodium Phosphate, Ferric Orthophosphate, Biotin, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Potassium Phosphate, Calcium Pantothenate, Sodium Molybdate, Vitamin B12, Manganese Sulfate, Chromium Chloride, Sodium Selenite, Vitamin D3, Pyridoxine Hydrochloride, Phytonadione (Vitamin K1), Thiamin Mononitrate, Riboflavin, Folic Acid, Potassium Iodide. **Contains egg, milk, soy.<sup>‡</sup>**

Chocolate Ingredients: Nonfat Dry Milk, Dutch Processed Cocoa, Soy Protein Isolate, Whole Milk Powder, Whey Protein Concentrate, Calcium Caseinate, Egg White Solids, Fructose, Xanthan Gum, Sunflower Oil, Cellulose Gum, Natural & Artificial Flavors, Maltodextrin, Lecithin, Dried Whey, Aspartame,\* Salt, Acesulfame Potassium, Corn Syrup Solids, Sodium Caseinate, Monoglycerides, Silicon Dioxide, Tocopherols and the Following Vitamins and Minerals: Calcium Phosphate, Magnesium Oxide, Sodium Ascorbate, Sodium Phosphate, Vitamin E Acetate, Potassium Chloride, Biotin, Ferric Orthophosphate, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Calcium Pantothenate, Potassium Phosphate, Vitamin B12, Sodium Molybdate, Chromium Chloride, Manganese Sulfate, Sodium Selenite, Copper Oxide, Vitamin D3, Pyridoxine Hydrochloride, Phytonadione (Vitamin K1), Thiamin Mononitrate, Riboflavin, Folic Acid, Potassium Iodide. **Contains egg, milk, soy.<sup>‡</sup>**

<sup>†</sup>PHENYLKETONURICS: *Contains phenylalanine*

## HMR 70 Plus\* *Lactose-Free*

HMR 70 Plus is for those who are lactose intolerant and who cannot use Lactaid®. Makes a thick shake or a delicious instant pudding. Available in vanilla or chocolate.

Vanilla Ingredients: Calcium Caseinate,<sup>†</sup> Egg White Solids, Sugar, Fructose, Cellulose Gum, Salt, Natural and Artificial Flavor, Xanthan Gum, Sunflower Lecithin, Maltodextrin, Sodium Saccharin (8.7 mg per 30 g packet), and the following Vitamins And Minerals: Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Sodium Phosphate, Vitamin A Palmitate, Riboflavin (Vitamin B2), Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3). <sup>†</sup>Not a source of lactose. **Contains egg, milk.<sup>‡</sup>**

Chocolate Ingredients: Calcium Caseinate,<sup>†</sup> Sugar, Fructose, Egg White Solids, Cocoa Powder (Processed With Alkali), Salt, Cellulose Gum, Soy and Sunflower Lecithin, Xanthan Gum, Sodium Saccharin (26.10 mg per 30 g packet), Artificial Flavor, and the following Vitamins and Minerals: Calcium Phosphate, Potassium Citrate, Magnesium Oxide, Sodium Phosphate, Vitamin A Palmitate, Riboflavin (Vitamin B2), Phytonadione (Vitamin K1), Cholecalciferol (Vitamin D3). <sup>†</sup>Not a source of lactose. **Contains egg, milk, soy.<sup>‡</sup>**

*\*Note: HMR 70 Plus Shakes do not contain lactose, the naturally occurring milk sugar. One of the protein sources of HMR 70 Plus is calcium caseinate or milk protein. This is what causes a reaction if there is a milk allergy. Allergen labeling laws requires identifying all allergens on the food label; therefore, milk is listed as an allergen.*

*<sup>‡</sup>People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled "gluten free" because they are not made in gluten-free facilities and have not been evaluated under FDA's gluten-free regulations.*

# HMR SHAKES, SOUP, & CEREAL INGREDIENTS

## HMR 500\*

The original, delicious weight-loss shake. Available in vanilla or chocolate.

Vanilla Ingredients: Nonfat Dry Milk, Sugar, Xanthan Gum, Cellulose Gum, Dried Egg White, Maltodextrin, Sodium Saccharin (43.5 mg per 29 g packet), Natural and Artificial Flavor, and the following Vitamins and Minerals: Potassium Chloride, Magnesium Oxide, Calcium Phosphate, Vitamin A Palmitate, Riboflavin (Vitamin B2), Phytonadione (Vitamin K1), Vitamin D3. **Contains egg, milk.**‡

Chocolate Ingredients: Nonfat Dry Milk, Cocoa Powder (Processed With Alkali), Xanthan Gum, Cellulose Gum, Dried Egg White, Sodium Saccharin (43.5 mg per 29 g packet), Natural and Artificial Flavor, Maltodextrin, and the Following Vitamins and Minerals: Potassium Chloride, Magnesium Oxide, Calcium Phosphate, Vitamin A Palmitate, Riboflavin (Vitamin B2), Phytonadione (Vitamin K1), Vitamin D3. **Contains egg, milk.**‡

## HMR 500 Chicken Soup\*

A savory, low-volume alternative to the HMR Shakes. Makes a great sauce for vegetables.

Chicken Soup Ingredients: Nonfat Dry Milk, Whey Protein Concentrate, Calcium Caseinate, Maltodextrin, Hydrolyzed Corn Protein, Dextrose, Chicken Fat, Onion Powder, Hydrolyzed Torula and Brewers Yeast Protein, Fructose, Autolyzed Yeast Extract, Chicken Flavor (Hydrolyzed Corn/ Soy/ Wheat Gluten Protein, Autolyzed Yeast Extract, Dehydrated Chicken Broth, Chicken Fat, Thiamin Hydrochloride, Corn Syrup Solids), Xanthan Gum, Garlic Powder, Spice Extractives, Dehydrated Parsley, Disodium Inosinate, Disodium Guanylate, Turmeric (Color), Sunflower Lecithin, and the Following Vitamins and Minerals; Potassium Chloride, Calcium Phosphate, Calcium Carbonate, Potassium Citrate, Magnesium Oxide, Sodium Ascorbate (Vitamin C), Vitamin A Palmitate, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Phytonadione (Vitamin K1), Vitamin D3. **Contains milk, soy, wheat.**

## Vitamin Tablet

Retinyl Palmitate, Ascorbic Acid and Sodium Ascorbate, Cholecalciferol, dl-Alpha-Tocopheryl Acetate, Thiamine HCl, Riboflavin, Niacinamide, Pyridoxine HCl, Folic Acid, Cyanocobalamin, Biotin, D-Calcium Pantothenate, Dicalcium Phosphate, Ferrous Fumarate, Potassium Iodide, Magnesium Oxide and Magnesium Carbonate, Zinc Citrate and Zinc Oxide, Sodium Selenate, Copper Sulfate, Manganese Sulfate, Chromium Amino Acid Chelate, Molybdenum Amino Acid Chelate, Sucrose, Microcrystalline Cellulose, Stearic Acid, Sodium Starch Glycolate, Croscarmellose Sodium, Silica, Magnesium Stearate, and Pharmaceutical Glaze. **Contains soy.**‡

*\*These products include one blister pack of eight vitamin tablets per box.*

*‡People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled "gluten free" because they are not made in gluten-free facilities and have not been evaluated under FDA's gluten-free regulations.*

## HMR 800\*

Rich and creamy, HMR 800 is ideal for those who need additional protein and/or calories during weight loss. Available in vanilla or chocolate.

Vanilla Ingredients: Nonfat Dry Milk, Whole Milk Powder, Calcium Caseinate, Fructose, Sugar, Egg White Solids, Sunflower Oil, Xanthan Gum, Cellulose Gum, Maltodextrin, Natural & Artificial Flavor, Corn Syrup Solids, Sodium Saccharin, Sunflower Lecithin, Sodium Caseinate, Monoglycerides, Silicon Dioxide, Tocopherols and the Following Vitamins and Minerals: Sodium Phosphate, Potassium Chloride, Magnesium Oxide, Potassium Phosphate, Calcium Phosphate, Vitamin D3 And Phytonadione (Vitamin K1). **Contains egg, milk.‡**

Chocolate Ingredients: Nonfat Dry Milk, Calcium Caseinate, Whole Milk Powder, Cocoa, Fructose, Egg White Solids, Sugar, Sunflower Oil, Xanthan Gum, Cellulose Gum, Natural & Artificial Flavor, Corn Syrup Solids, Sodium Saccharin, Sunflower Lecithin, Maltodextrin, Sodium Caseinate, Monoglycerides, Silicon Dioxide, Tocopherols and the Following Vitamins and Minerals: Sodium Phosphate, Potassium Chloride, Potassium Phosphate, Calcium Phosphate, Vitamin A Palmitate, Vitamin D3, Phytonadione (Vitamin K1). **Contains egg, milk.‡**

## HMR Multigrain Hot Cereal

A rich and satisfying whole-grain cereal with chewy currants, cranberries, and apple bits. Each serving provides 25% of the Daily Value for most vitamins and minerals.

Ingredients: Whole Grain Oat Flakes, Nonfat Dry Milk Powder, Oat Bran, Dried Cranberries, Currants, Corn Grits, Whole Grain Wheat Flakes, Dehydrated Apples, Magnesium Phosphate, DiCalcium Phosphate, Cinnamon, Salt Flour, Sucralose (sucralose and maltodextrin), and the following Vitamins and Minerals: Ascorbic Acid, Alpha-Tocopheryl Acetate, Vitamin A Palmitate, Niacinamide, Zinc Oxide, Iron, d-Calcium Pantothenate, Cholecalciferol, Pyridoxine Hydrochloride, Copper Oxide, Riboflavin, Phytonadione (Vitamin K1), Thiamine Mononitrate, Cyanocobalamin, Manganese, Biotin, Potassium Iodide, Folate, Chromium, Molybdenum, Selenium. **Contains milk, wheat.** Produced in a facility that also processes peanuts and tree nuts.

*All HMR Shakes, Multigrain Hot Cereal, and BeneFit bars are certified Kosher by the Orthodox Union. Each item has the ©D symbol to indicate the product is Kosher Dairy. HMR 500 Chicken Soup and HMR Entrees are not Kosher.*

*As ingredients in our products may change, product formulations also may change. We recommend that you check the label on our products for the most current and accurate ingredient and nutritional information.*

# HMR ENTREE INGREDIENTS

## Lasagna with Meat Sauce

Lasagna layered with cheeses and topped with a tasty meat sauce.

Ingredients: Vegetable Lasagna (Filling: Ricotta Cheese [Pasteurized Whey, Cream, Vinegar, Salt], Cooked Pinto Beans [Water, Beans], Spinach, Low Moisture Part Skim Mozzarella Cheese [Pasteurized Part Skim Milk, Cheese Cultures, Salt, Enzymes, Natamycin {To Protect Flavor}], Water, Onions, Carrots, Parmesan Cheese [Pasteurized Part Skim Milk, Cheese Culture, Salt, Enzymes], Japanese Bread Crumbs [Bleached Wheat Flour, Yeast, Sugar, Salt], Eggs, Corn, Peas, Butter [Pasteurized Cream], Romano Cheese [Pasteurized Sheep's Milk, Cheese Cultures, Salt, Enzymes], Granulated Garlic, Salt, Sugar, Black Pepper, Guar Gum, Xanthan Gum). Pasta: Enriched Flour [Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid], Water, Eggs, Egg Whites [Egg Whites, Guar Gum, Triethyl Citrates], Water, Ground Beef, Crushed Tomatoes, Onions, Contains 2% or less of: Apple Juice Concentrate, Salt, Garlic Powder, Onion Powder, Spices.

**Contains egg, milk, wheat.**

## Chicken Enchiladas with Tomatillo Sauce

Two corn tortillas filled with chicken, beans, roasted peppers, and corn in a zesty tomatillo sauce.

Ingredients: Chicken Enchilada (Stone Ground Corn Masa Flour (With Trace of Lime), Water, Chicken Meat, Salsa (Tomatoes [Diced Tomatoes, Tomato Puree, Citric Acid], Roasted Jalapeno Pepper, Water, Onions, Tomato Paste, Salt, Distilled Vinegar, Dehydrated Garlic, Sugar, Natural Flavors), Onions, Green Chile Peppers (Green Chilies, Citric Acid), Textured Vegetable Protein (Soy Flour). Contains 2% or Less of: Jalapeno Peppers (Jalapenos, Vinegar, Salt), Ancho Chili Base (Chili Peppers, Dried Onion, Garlic, Yeast Extract, Salt, Spices, Beef Extract, Citric Acid), Seasoning (Spices, Including Chili Pepper, Dehydrated Garlic), Wheat Flour, Modified Food Starch, Cellulose Gum, Salt, Guar Gum), Tomatillos, Water, Tomatoes in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Crushed Tomatoes, Black Beans, Onions, Chile Peppers, Corn, Contains 2% or Less of: Modified Corn Starch, Heavy Cream, Cilantro, Garlic, Red Bell Peppers, Vinegar, Flavor (Tomato Puree [Tomato Paste, Water], Salt, Sugar, Onion, Canola Oil, Red Bell Pepper Powder, Spice, Garlic, Flavor), Chicken Flavor (Chicken Broth, Chicken Fat, Salt, Chicken Flavor, Yeast Extract, Cooked Vegetables [Carrot, Celery, Onion], Flavoring, Turmeric, Corn Oil), Lime Juice Concentrate, Sour Cream Powder (Cream, Nonfat Milk Solids, Citric Acid, Lactic Acid), Spices, Salt. **Contains milk, soy, wheat.**

## Chicken with Barbecue Sauce with Rice and Beans

Boneless chicken in tangy barbecue sauce with rice and pinto beans.

Ingredients: Grilled Chicken Patty (White Chicken Meat, Water, Whey Protein Concentrate, Modified Food Starch, Salt, Sodium Phosphate, Carrageenan), Enriched Rice (Rice, Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Pinto Beans, Crushed Tomatoes, Onions, Sugar, Brown Sugar, Contains 2% or less of: Vinegar, Modified Corn Starch, Smoke Flavor, Salt, Onion Powder, Mustard Flour, Garlic Powder, Spices, Paprika Oleoresin. **Contains milk.**<sup>‡</sup>

<sup>‡</sup>People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled "gluten free" because they are not made in gluten-free facilities and have not been evaluated under FDA's gluten-free regulations.

## Chicken Creole with Brown Rice

Chunks of chicken and rice in a creole-style tomato sauce.

Ingredients: Tomatoes (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Water, Brown Rice, Cooked Chicken, Celery, Green Bell Peppers, Onions, Tomato Paste, Contains 2% or Less of: Modified Corn Starch, Canola Oil, Chicken Flavor (Yeast Extract, Salt, Sugar, Chicken Powder, Toasted Soy Flour, Torula Yeast, Flavor, Disodium Phosphate), Sea Salt, Spices, Garlic Powder. **Contains soy.**‡

## Mushroom Risotto —vegetarian

Wild and white rice with mushrooms and red peppers in a flavorful cheese sauce.

Ingredients: Water, Vegetarian Pizza Crumble (Water, Soy Protein Concentrate, Canola Oil, Spices, Salt, Autolyzed Yeast Extract, Sugar, Dehydrated Garlic, Caramel Color, Onion Powder, Natural Flavor, Red Bell Pepper. Contains: Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride (vitamin B6), Cyanacobalamine (vitamin B12), Calcium Panthotenate, Ferric Orthophosphate, Zinc Oxide), Enriched Rice (Enriched with Niacin, Thiamine, Iron, Folic Acid), Mushrooms, Red Bell Peppers, Wild Rice, Modified Corn Starch, Contains 2% or less of: Olive Oil, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Torula Yeast, Dehydrated Onions, Shiitake Mushrooms, Salt, Garlic, Black Pepper. **Contains milk, soy.**‡

## Turkey Chili with Beans

A hearty combination of lean, ground turkey and pinto beans in a spicy red sauce.

Ingredients: Ground Turkey (Turkey Thigh Meat, Water, Salt), Water, Pinto Beans, Crushed Tomatoes, Tomatoes Diced in Juice (Tomatoes, Tomato Juice, Citric Acid, Calcium Chloride), Onions, Beef Stock, Contains 2% or less of: Chili Powder (Chili Pepper, Cumin, Salt, Garlic, and Oregano), Modified Corn Starch, Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Sugar, Garlic Powder, Onion Powder, Salt, Spices. **Contains anchovies.**‡

## Five-Bean Casserole —vegetarian

A variety of beans and vegetables in a mild chili-flavored sauce.

Ingredients: Water, Red Beans, Black Beans, White Beans, Lentils, Potatoes, Onions, Chickpeas, Carrots, Red Bell Peppers, Contains 2% or less of: Modified Food Starch, Canola Oil, Tomato Paste, Vegetable Flavor (Yeast Extract, Sugar, Salt, Corn Syrup Solids, Natural Flavorings, Dried Onion, Wheat Maltodextrin, Dried Carrots, Soy Sauce [Soybeans, Wheat, Salt], Dextrose, Dried Garlic, Spice), Sugar, Salt, Garlic Powder, Onion Powder, Spice. **Contains soy, wheat.**

## Savory Chicken

Tender strips of chicken with mushrooms and carrots in a brown sauce with rice.

Ingredients: Water, Enriched Rice (enriched with niacin, thiamine, iron, folic acid), Cooked Chicken Strip (Chicken, Water, Salt, Sodium Phosphate), Mushrooms (Mushrooms, Water, Salt), Carrots, Wild Rice, Contains 2% or less of: Modified Corn Starch, Sugar, Chicken Flavor (Yeast Extract, Salt, Sugar, Chicken Powder, Toasted Soy Flour, Torula Yeast, Flavor, Disodium Phosphate), Lemon Juice, Salt, Natural flavor, Spices, Dehydrated Parsley, Caramel color. **Contains soy.**‡

*As ingredients in our products may change, product formulations also may change. We recommend that you check the label on our products for the most current and accurate ingredient and nutritional information.*

# HMR ENTREE INGREDIENTS

## Vegetable Stew with Beef

A medley of vegetables and beef in a savory brown gravy.

Ingredients: Water, Cooked Beef (Beef, Salt), Potatoes (Potatoes, Sodium Acid Pyrophosphate), Onions, Carrots, Peas, Celery, Tomato Paste, Contains 2% or Less of: Modified Corn Starch, Natural Beef Flavor Type (Hydrolyzed Corn, Soy and Wheat Protein, Yeast Extract, Maltodextrin, Beef Extract, Hydrolyzed Corn Gluten, Natural Flavoring), Worcestershire Sauce (Distilled White Vinegar, Molasses, Sugar, Water, Salt, Onions, Anchovies, Garlic, Cloves, Tamarind Extract, Natural Flavorings, Chili Pepper Extract), Onion Powder, Garlic Powder, Salt, Spice, Caramel Color. **Contains fish, soy, wheat.**

## Chicken Pasta Parmesan

Chicken with pasta shells in a classic Italian sauce.

Ingredients: Water, Cooked Chicken (Chicken Meat, Water, Salt), Enriched Pasta (Durum Semolina, Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Tomato Paste, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Corn Starch, Contains 2% or less of: Romano Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Green Bell Peppers, Sugar, Salt, Onion Powder, Garlic Powder, Spices, Oleoresin Paprika. **Contains egg, milk, wheat.**

## Beef Stroganoff with Noodles

Strips of lean beef, egg noodles, and mushrooms in a flavorful cream sauce.

Ingredients: Water, Grilled Beef and Modified Food Starch Steak Strips (Beef, Water, Seasoning [Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Dextrose, Autolyzed Yeast Extract, Natural Flavorings {Including Extractives of Garlic and Lime}, Grill Flavor {From Sunflower Oil}], Modified Food Starch, Sodium Phosphate), Egg Noodles (Wheat Semolina, Egg Whites, Whole Egg, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Mushrooms, Cooking Wine, Red Bell Peppers, Sour Cream Powder (Cultured Cream, Nonfat Milk), Modified Corn Starch, Contains 2% or less of: Tomato Paste, Cream Powder (Heavy Cream, Nonfat Dry Milk, Tocopherols, and Ascorbyl Palmitate), Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Roasted Type Flavor (Yeast Extract, Salt, Dried Soy Sauce [Soybeans, Wheat, Salt], Modified Corn Starch, Maltodextrin, Lactic Acid, Dextrose), Sour Cream Flavor (Maltodextrin, Modified Food Starch, Sour Cream [Cream, Nonfat Milk, Cultures], Citric Acid, Vinegar, Corn Syrup Solids, Cultured Nonfat Milk, Natural Flavoring, Tocopherols, Ascorbyl Palmitate), Salt, Spice, Garlic Powder. **Contains egg, milk, soy, wheat.**

## Steak Strips with Red Potatoes and Sauce

Tender slices of seasoned steak with roasted red potatoes and vegetables in a savory brown sauce.

Ingredients: Water, Grilled Beef and Modified Food Starch Steak Strips (Beef, Water, Seasoning [Salt, Dehydrated Onion, Dehydrated Garlic, Spices, Dextrose, Autolyzed Yeast Extract, Natural Flavorings {Including Extractives of Garlic and Lime}, Grill Flavor {From Sunflower Oil}], Modified Food Starch, Sodium Phosphate), Roasted Red Potatoes, Mushrooms, Green Beans, Roasted Red Bell Peppers, Roasted Corn, Modified Food Starch, Tomato Paste, Contains 2% or Less of: Balsamic Vinegar, Olive Oil, Autolyzed Yeast Extract, Red Wine Concentrate, Cane Sugar, Shiitake Mushrooms, Garlic, Black Pepper, Salt. **Contains soy.**<sup>‡</sup>

<sup>‡</sup>People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled "gluten free" because they are not made in gluten-free facilities and have not been evaluated under FDA's gluten-free regulations.



## Cheese and Basil Ravioli with Tomato Sauce —vegetarian

Delicate pasta filled with a flavorful blend of cheese, basil, and spices in a red sauce.

Ingredients: Tomato Puree (Ground Tomatoes, Puree and Salt), Ravioli (Pasta: Durum Flour, (Durum Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Eggs, Egg Whites, Filling: Ricotta Cheese (Whey, Whole Milk, Cream, Vinegar, Xanthan Gum, Locust Bean Gum, Guar Gum), Low Moisture Part-Skim Mozzarella Cheese (Cultured Milk, Salt, Enzymes), Romano Cheese (Pasteurized Sheep's Milk, Cheese Culture, Salt, Rennet), Egg Whites, Water, Breadcrumbs (Bleached Wheat Flour, Yeast, Sugar, And Salt), Basil, Black Pepper, Parsley, Salt, Oleoresin of Basil (Fractionated Coconut Oil, Extractive Of Basil, Soybean Oil, Canola Oil)), Water, Mushrooms, Onion, Contains 2% or less of: Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Modified Cornstarch, Tomato Paste, Salt, Olive Oil, Basil, Cane Sugar, Spices. **Contains egg, milk, soy, wheat.**

## Pasta Fagioli —vegetarian

Traditional hearty mix of penne pasta, beans, carrots, and tomatoes in a savory brown sauce.

Ingredients: Tomatoes (Tomatoes, Tomatoes in Juice, Citric Acid, Calcium Chloride), Water, Vegetarian Pizza Crumble (Water, Soy Protein Concentrate, Canola Oil, Spices, Salt, Autolyzed Yeast Extract, Sugar, Dehydrated Garlic, Caramel Color, Onion Powder, Natural Flavor, Red Bell Pepper. Contains: Thiamine Hydrochloride, Riboflavin, Niacinamide, Pyridoxine Hydrochloride(vitamin B6), Cyanocobalamin (vitamin B12), Calcium Panthotenate, Ferric Orthophosphate, Zinc Oxide), Soybeans, Carrots, Tomato Paste, Pasta (Durum Semolina [enriched with Niacin, Ferrous Sulfate, Thiamine, Mononitrate, Riboflavin and Folic Acid] and Egg Whites), Kidney Beans, Onions, Contains 2% or less of: Corn Starch, Parmesan Cheese (Pasteurized Milk, Cheese Culture, Salt, Enzymes), Kale, Olive Oil, Vegetable Flavor (Yeast Extract, Sugar, Salt, Corn Syrup Solids, Natural Flavors, Onions, Wheat Maltodextrin, Carrots, Soy Sauce [Soybeans, Wheat, Salt], Dextrose, Garlic, Spice), Garlic, Sugar, Spices, Salt, Paprika Oleoresin. **Contains egg, milk, soy, wheat.**

## Vegetarian Thai Curry with Brown Rice —vegetarian

A tasty blend of brown rice, hearty meatless protein, and vegetables in a mild curry sauce.

Ingredients: Water, Gardein (Water, Soy Protein Isolate, Vital Wheat Gluten, Yeast Extract, Natural Flavors (From Plant Sources), Cane Sugar, Expeller Pressed/Canola Oil, Sea Salt, Onion Powder, Pea Protein, Carrot Fiber, Extractives of Paprika and Turmeric), Long Grain Brown Rice, Coconut Milk, Carrots, Tomato Paste, Onions, Red Bell Peppers, Corn Starch, Contains 2% or less of: Sugar, Honey, Vinegar, Spices, Turmeric, Lemon Peel, Licorice Root, Modified Corn Starch, Canola Oil, Garlic, Sea Salt, Ginger, Natural Flavor, Citric Acid. **Contains coconut, soy, wheat.**

*<sup>†</sup>People with celiac disease may be able to tolerate these products because they contain gluten at less than 20 ppm. These products are not labeled "gluten free" because they are not made in gluten-free facilities and have not been evaluated under FDA's gluten-free regulations.*

**As ingredients in our products may change, product formulations also may change. We recommend that you check the label on our products for the most current and accurate ingredient and nutritional information.**

# HMR BENEFIT BARS® INGREDIENTS

## Chocolate Peanut Butter Flavored Crunch

Delicious peanuts, peanut butter, and drizzle of milk chocolate with a satisfying crunch.

Ingredients: Soy Protein Isolate, Peanuts, Rolled Oats, Brown Rice Syrup, Soluble Corn Fiber, Sugar, Partially Defatted Peanut Flour, Fractionated Palm Kernel Oil, Peanut Butter (Peanuts), Glycerin, Tapioca Starch, Cocoa, Fructose, Natural Flavor, Oat Fiber, Nonfat Milk, Whey, Maltodextrin, Water, Salt, Vitamin and Mineral Blend (Calcium Phosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Vitamin D3, Vitamin B12), Sodium Caseinate, Soy Lecithin, Modified Cornstarch, Carrageenan. **Contains milk, peanuts, soy.** Produced in a facility that processes peanuts, tree nuts, eggs, wheat.

## Iced Oatmeal Flavored Crunch

Like your favorite oatmeal raisin cookie, with a satisfying crunch and a sweet yogurt drizzle.

Ingredients: Soy Protein Isolate, Brown Rice Syrup, Rolled Oats, Raisins, Sugar, Soluble Corn Fiber, Fractionated Palm Kernel Oil, Honey, Brown Sugar, Gum Arabic, Canola Oil, Natural Flavor, Cinnamon, Vitamin and Mineral Blend (Calcium Phosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Vitamin D3, Vitamin B12), Nonfat Milk, Nonfat Yogurt Powder (Cultured Whey Protein Concentrate, Cultured Nonfat Milk, Yogurt Culture), Soy Lecithin, Salt, Maltodextrin. **Contains milk, soy.** Produced in a facility that processes peanuts, tree nuts, eggs, wheat.

## Lemon Flavored Crisp

A refreshing bar with the tangy flavor of lemons and a sweet yogurt drizzle.

Ingredients: Soy Protein Isolate, Rolled Oats, Brown Rice Syrup, Sugar, Soluble Corn Fiber, Dried Cane Syrup, Fractionated Palm Kernel Oil, Glycerin, Tapioca Starch, Natural Flavor, Vitamin and Mineral Blend (Calcium Phosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Vitamin D3, Vitamin B12), Canola Oil, Nonfat Milk, Greek Yogurt Powder (Cultured Nonfat Milk), Soy Lecithin, Lactic Acid, Citric Acid, Salt, Maltodextrin. **Contains milk, soy.** Produced in a facility that processes peanuts, tree nuts, eggs, wheat.

## Double Chocolate Chip

A chocolate lover's dream with both chocolate and chocolate chips all under a drizzle of chocolate.

Ingredients: Soy Protein Isolate, Brown Rice Syrup, Sugar, Rolled Oats, Soluble Corn Fiber, Cocoa, Fractionated Palm Kernel Oil, Fructose, Unsweetened Chocolate, Cocoa (Processed With Alkali), Chicory Root Fiber, Glycerin, Milk, Cocoa Butter, Water, Tapioca Starch, Vitamin and Mineral Blend (Calcium Phosphate, Ascorbic Acid, Alpha-Tocopherol Acetate, Niacinamide, Calcium Pantothenate, Vitamin A Palmitate, Pyridoxine Hydrochloride, Riboflavin, Thiamine Mononitrate, Folic Acid, Biotin, Vitamin D3, Vitamin B12), Natural Flavor, Soy Lecithin, Butterfat, Nonfat Milk, Maltodextrin. **Contains milk, soy.** Produced in a facility that processes peanuts, tree nuts, eggs, wheat.

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# NUTRITION INFORMATION/SINGLE SERVING:

## HMR 120, Cereal, BeneFit Bars and Vitamin and Mineral Tablet

| Single Serving        | HMR 120 Vanilla | HMR 120 Chocolate | HMR Multigrain Hot Cereal | Chocolate Peanut Butter BeneFit Bar | Iced Oatmeal BeneFit Bar | Lemon Flavored BeneFit Bar | Double Chocolate Chip BeneFit Bar | Single Vitamin/Mineral Tablet* |
|-----------------------|-----------------|-------------------|---------------------------|-------------------------------------|--------------------------|----------------------------|-----------------------------------|--------------------------------|
| Calories              | 120             | 120               | 220                       | 170                                 | 150                      | 160                        | 160                               | 0                              |
| Total Fat, g          | 1.5             | 2                 | 2.5                       | 7                                   | 3                        | 3.5                        | 4.5                               | 0                              |
| Saturated Fat, g      | 0.5             | 1                 | 0.5                       | 2.5                                 | 1.5                      | 2                          | 3                                 | 0                              |
| Trans Fat, g          | 0               | 0                 | 0                         | 0                                   | 0                        | 0                          | 0                                 | 0                              |
| Cholesterol, mg       | 15              | 5                 | 0                         | 0                                   | 0                        | 0                          | 0                                 | 0                              |
| Sodium, mg            | 180             | 190               | 135                       | 180                                 | 125                      | 120                        | 105                               | 0                              |
| Potassium, mg         | 400             | 560               | 370                       | 140                                 | 105                      | 80                         | 125                               | 0                              |
| Total Carbohydrate, g | 15              | 14                | 40                        | 20                                  | 23                       | 23                         | 24                                | 0                              |
| Fiber, g              | <1              | 2                 | 5                         | 5                                   | 4                        | 3                          | 5                                 | 0                              |
| Sugars, g             | 14              | 11                | 14                        | 8                                   | 13                       | 10                         | 11                                | 0                              |
| Protein, g            | 12              | 12                | 10                        | 10                                  | 10                       | 10                         | 10                                | 0                              |
| Vitamin A, IU         | 1500            | 1500              | 1250                      | 750                                 | 750                      | 750                        | 750                               | 1750                           |
| Vitamin C, mg         | 21              | 21                | 15                        | 9                                   | 9                        | 15                         | 9                                 | 42                             |
| Calcium, mg           | 350             | 350               | 250                       | 100                                 | 150                      | 150                        | 150                               | 70                             |
| Iron, mg              | 6.3             | 6.3               | 5.4                       | 1.8                                 | 1.8                      | 1.8                        | 1.8                               | 13.5                           |
| Vitamin D, IU         | 140             | 140               | 100                       | 60                                  | 80                       | 60                         | 60                                | 75                             |
| Vitamin E, IU         | 10.5            | 10.5              | 7.5                       | 3.6                                 | 4.5                      | 4.5                        | 4.5                               | 22.5                           |
| Vitamin K, mcg        | 28              | 28                | 20                        | 0                                   | 0                        | 0                          | 0                                 | 0                              |
| Thiamin, mg           | 0.525           | 0.525             | 0.375                     | 0.3                                 | 0.3                      | 0.3                        | 0.3                               | 0.9                            |
| Riboflavin, mg        | 0.595           | 0.595             | 0.425                     | 0.29                                | 0.26                     | 0.26                       | 0.32                              | 0.2                            |
| Niacin, mg            | 7               | 7                 | 5                         | 5                                   | 3                        | 3                          | 3                                 | 15                             |
| Vitamin B6, mg        | 0.7             | 0.7               | 0.5                       | 0.3                                 | 0.3                      | 0.3                        | 0.3                               | 1.5                            |
| Folate, mcg           | 120             | 120               | 100                       | 80                                  | 80                       | 80                         | 80                                | 200                            |
| Vitamin B12, mcg      | 2.1             | 2.1               | 1.5                       | 1                                   | 1                        | 1                          | 1                                 | 4.5                            |
| Biotin, mcg           | 105             | 105               | 75                        | 45                                  | 45                       | 45                         | 45                                | 225                            |
| Pantothenic Acid, mg  | 3.5             | 3.5               | 2.5                       | 1.7                                 | 1.7                      | 1.7                        | 1.8                               | 7.5                            |
| Phosphorus, mg        | 250             | 250               | 250                       | 170                                 | 190                      | 200                        | 200                               | 55                             |
| Iodine, mcg           | 52.5            | 52.5              | 37.5                      | 0.52                                | 0.38                     | 0.57                       | 0.34                              | 75                             |
| Magnesium, mg         | 100             | 100               | 100                       | 33                                  | 21                       | 16                         | 28                                | 150                            |
| Zinc, mg              | 5.25            | 5.25              | 3.75                      | 0.81                                | 0.67                     | 0.8                        | 0.7                               | 11.25                          |
| Selenium, mcg         | 24.5            | 24.5              | 17.5                      | 0.54                                | 0.03                     | 0.1                        | 0.21                              | 75                             |
| Copper, mg            | 0.7             | 0.7               | 0.5                       | 0.24                                | 0.16                     | 0.22                       | 0.26                              | 1.5                            |
| Manganese, mg         | 0.7             | 0.7               | 0.5                       | 0.4                                 | 0.53                     | 0.45                       | 0.32                              | 2                              |
| Chromium, mcg         | 42              | 42                | 30                        | 0.69                                | 1.8                      | 2.3                        | 1.5                               | 120                            |
| Molybdenum, mcg       | 26.25           | 26.25             | 18.75                     | 3.7                                 | 6.5                      | 8.8                        | 5.5                               | 75                             |

# NUTRITION FACT PANEL DETAILS:

HMR shakes/soup in packets

| Single Serving        | HMR 500<br>Vanilla | HMR 500<br>Chocolate | HMR 500<br>Chicken<br>Soup | HMR 70<br>Plus Vanilla | HMR 70<br>Plus<br>Chocolate | HMR 800<br>Vanilla | HMR 800<br>Chocolate |
|-----------------------|--------------------|----------------------|----------------------------|------------------------|-----------------------------|--------------------|----------------------|
| Calories              | 100                | 100                  | 100                        | 110                    | 110                         | 170                | 160                  |
| Total Fat, g          | 0                  | 0                    | 1                          | 0                      | 0                           | 2                  | 2                    |
| Saturated Fat, g      | 0                  | 0                    | 0                          | 0                      | 0                           | 1                  | 1                    |
| Trans Fat, g          | 0                  | 0                    | 0                          | 0                      | 0                           | 0                  | 0                    |
| Cholesterol, mg       | 5                  | 5                    | 10                         | <5                     | <5                          | 15                 | 10                   |
| Sodium, mg            | 180                | 170                  | 390                        | 200                    | 200                         | 220                | 220                  |
| Potassium, mg         | 480                | 560                  | 430                        | 180                    | 210                         | 550                | 580                  |
| Total Carbohydrate, g | 16                 | 15                   | 14                         | 13                     | 12                          | 21                 | 19                   |
| Fiber, g              | <1                 | 1                    | 0                          | <1                     | 1                           | <1                 | 1                    |
| Sugars, g             | 15                 | 14                   | 10                         | 12                     | 10                          | 20                 | 19                   |
| Protein, g            | 10                 | 10                   | 11                         | 15                     | 15                          | 16                 | 16                   |

## % DAILY VALUE

|            |     |     |     |     |     |     |     |
|------------|-----|-----|-----|-----|-----|-----|-----|
| Vitamin A  | 15% | 10% | 10% | 6%  | 6%  | 10% | 10% |
| Vitamin C  | 2%  | 2%  | 2%  | 0%  | 0%  | 2%  | 2%  |
| Calcium    | 30% | 30% | 30% | 30% | 30% | 45% | 45% |
| Iron       | 0%  | 4%  | 0%  | 0%  | 6%  | 0%  | 0%  |
| Vitamin D  | 30% | 30% | 25% | 15% | 15% | 50% | 50% |
| Vitamin K  | 25% | 25% | 25% | 25% | 25% | 25% | 25% |
| Thiamin    | 6%  | 6%  | 10% | 0%  | 0%  | 6%  | 6%  |
| Riboflavin | 25% | 25% | 20% | 20% | 20% | 25% | 25% |
| Phosphorus | 25% | 25% | 15% | 20% | 20% | 30% | 30% |
| Magnesium  | 10% | 10% | 6%  | 10% | 10% | 10% | 10% |

# NUTRITION INFORMATION:

5 Shakes and 2 vitamins per day

|                       | HMR 500<br>Vanilla | HMR 500<br>Chocolate | HMR 500<br>Chicken<br>Soup | HMR 70<br>Plus Vanilla | HMR 70<br>Plus<br>Chocolate | HMR 800<br>Vanilla | HMR 800<br>Chocolate |
|-----------------------|--------------------|----------------------|----------------------------|------------------------|-----------------------------|--------------------|----------------------|
| Calories              | 524                | 515                  | 525                        | 550                    | 540                         | 840                | 810                  |
| Total Fat, g          | 1                  | 2                    | 4                          | 1                      | 2                           | 9                  | 9.5                  |
| Saturated Fat, g      | 1                  | 1                    | 1.75                       | 0.5                    | 1                           | 5                  | 5                    |
| Trans Fat, g          | 0                  | 0                    | 0                          | 0                      | 0                           | 0                  | 0                    |
| Cholesterol, mg       | 26                 | 26                   | 60                         | 10                     | 10                          | 60                 | 55                   |
| Sodium, mg            | 880                | 860                  | 1925                       | 1005                   | 990                         | 1110               | 1120                 |
| Potassium, mg         | 2415               | 2815                 | 2160                       | 910                    | 1060                        | 2760               | 3075                 |
| Total Carbohydrate, g | 80                 | 76                   | 68                         | 63                     | 61                          | 105                | 96                   |
| Dietary Fiber, g      | 3                  | 6                    | 1.5                        | 1                      | 6                           | 2.5                | 7                    |
| Sugars, g             | 76                 | 68                   | 50                         | 60                     | 50                          | 102                | 93                   |
| Protein, g            | 50                 | 50                   | 53                         | 73                     | 73                          | 81                 | 80                   |
| Vitamin A, IU         | 7250               | 6000                 | 6000                       | 5525                   | 6240                        | 6000               | 6000                 |
| Vitamin C, mg         | 93                 | 93                   | 92                         | 84                     | 84                          | 90                 | 90                   |
| Calcium, mg           | 1860               | 1640                 | 1635                       | 1750                   | 1680                        | 2500               | 2240                 |
| Iron, mg              | 28                 | 31                   | 28                         | 27                     | 32                          | 28                 | 35                   |
| Vitamin D, IU         | 750                | 750                  | 650                        | 510                    | 510                         | 1150               | 1150                 |
| Vitamin E, IU         | 45                 | 45                   | 45                         | 45                     | 45                          | 45                 | 45                   |
| Vitamin K, mcg        | 100                | 100                  | 100                        | 100                    | 100                         | 100                | 100                  |
| Thiamin, mg           | 2.25               | 2.25                 | 2.25                       | 1.8                    | 1.8                         | 2.25               | 2.25                 |
| Riboflavin, mg        | 2.55               | 2.55                 | 2.1                        | 2.3                    | 2.35                        | 2.55               | 2.5                  |
| Niacin, mg            | 30                 | 30                   | 30                         | 30                     | 32                          | 30                 | 33                   |
| Vitamin B6, mg        | 3                  | 3                    | 3                          | 3                      | 3                           | 3                  | 3.5                  |
| Folate, mcg           | 400                | 400                  | 400                        | 400                    | 400                         | 400                | 400                  |
| Vitamin B12, mcg      | 9                  | 9                    | 9                          | 9                      | 9                           | 15                 | 15                   |
| Biotin, mcg           | 450                | 450                  | 450                        | 450                    | 450                         | 450                | 450                  |
| Pantothenic Acid, mg  | 15                 | 15                   | 15                         | 15                     | 15                          | 20                 | 20                   |
| Phosphorus, mg        | 1390               | 1357                 | 830                        | 1220                   | 1220                        | 1790               | 1860                 |
| Iodine, mcg           | 150                | 150                  | 150                        | 150                    | 150                         | 150                | 150                  |
| Magnesium, mg         | 480                | 486                  | 420                        | 520                    | 545                         | 500                | 540                  |
| Zinc, mg              | 22.5               | 22.5                 | 22.5                       | 22.5                   | 22.5                        | 29                 | 30                   |
| Selenium, mcg         | 150                | 150                  | 150                        | 150                    | 150                         | 191                | 190                  |
| Copper, mg            | 3                  | 3                    | 3                          | 3                      | 3.7                         | 6.25               | 6.75                 |
| Manganese, mg         | 4                  | 4                    | 4                          | 4                      | 4                           | 4                  | 4                    |
| Chromium, mcg         | 240                | 240                  | 240                        | 240                    | 240                         | 240                | 240                  |
| Molybdenum, mcg       | 150                | 150                  | 150                        | 150                    | 150                         | 150                | 150                  |

\*Vitamin/mineral tablets are included with HMR 500, HMR 800, and HMR 70 Plus products.

## NUTRITION INFORMATION: HMR ENTREES

| ENTREE                                   | Serving Size | Calories | Total Fat | Saturated Fat | Trans Fat |
|--|--------------|----------|-----------|---------------|-----------|
| Lasagna with Meat Sauce                  | 8.0 oz       | 270      | 8 g       | 4 g           | 0 g       |
| Chicken Enchiladas with Tomatillo Sauce  | 8.0 oz       | 230      | 4.5 g     | 1.5 g         | 0 g       |
| Chicken with Barbecue Sauce              | 7.2 oz       | 280      | 4 g       | 1 g           | 0 g       |
| Chicken Creole with Brown Rice           | 8.0 oz       | 230      | 5 g       | 0.5 g         | 0 g       |
| Mushroom Risotto                         | 8.0 oz       | 230      | 5 g       | 1 g           | 0 g       |
| Turkey Chili with Beans                  | 8.0 oz       | 220      | 4 g       | 1 g           | 0 g       |
| Five-Bean Casserole                      | 8.0 oz       | 240      | 3.5 g     | 0 g           | 0 g       |
| Savory Chicken                           | 7.25 oz      | 210      | 4 g       | 1 g           | 0 g       |
| Vegetable Stew with Beef                 | 7.5 oz       | 160      | 2.5 g     | 1 g           | 0 g       |
| Chicken Pasta Parmesan                   | 8.0 oz       | 200      | 5 g       | 2 g           | 0 g       |
| Cheese and Basil Ravioli                 | 8.0 oz       | 180      | 4.5 g     | 2 g           | 0 g       |
| Beef Stroganoff                          | 8.0 oz       | 250      | 8 g       | 4 g           | 0 g       |
| Steak Strips with Red Potatoes and Sauce | 7.5 oz       | 180      | 5 g       | 1 g           | 0 g       |
| Pasta Fagioli                            | 8.0 oz       | 210      | 6 g       | 1 g           | 0 g       |
| Vegetarian Thai Curry with Brown Rice    | 8.0 oz       | 230      | 5 g       | 2 g           | 0 g       |

| Cholesterol | Sodium | Potassium | Phosphorus | Total Carbohydrate | Dietary Fiber | Sugars | Protein |
|-------------|--------|-----------|------------|--------------------|---------------|--------|---------|
| 40 mg       | 570 mg | 430 mg    | 195 mg     | 34 g               | 3 g           | 7 g    | 15 g    |
| 20 mg       | 500 mg | 530 mg    | 195 mg     | 38 g               | 5 g           | 5 g    | 10 g    |
| 40 mg       | 410 mg | 560 mg    | 314 mg     | 41 g               | 4 g           | 15 g   | 19 g    |
| 30 mg       | 430 mg | 610 mg    | 204 mg     | 33 g               | 3 g           | 6 g    | 13 g    |
| 0 mg        | 560 mg | 380 mg    | 195 mg     | 33 g               | 5 g           | 2 g    | 12 g    |
| 45 mg       | 600 mg | 750 mg    | 233 mg     | 27 g               | 6 g           | 6 g    | 21 g    |
| 0 mg        | 560 mg | 650 mg    | 190 mg     | 42 g               | 10 g          | 5 g    | 11 g    |
| 35 mg       | 450 mg | 230 mg    | 160 mg     | 28 g               | 1 g           | 4 g    | 14 g    |
| 20 mg       | 530 mg | 430 mg    | 105 mg     | 20 g               | 3 g           | 4 g    | 13 g    |
| 30 mg       | 550 mg | 380 mg    | 199 mg     | 23 g               | 2 g           | 6 g    | 15 g    |
| 20 mg       | 590 mg | 470 mg    | 175 mg     | 28 g               | 3 g           | 5 g    | 10 g    |
| 70 mg       | 600 mg | 400 mg    | 168 mg     | 23 g               | 1 g           | 4 g    | 19 g    |
| 30 mg       | 510 mg | 510 mg    | 185 mg     | 22 g               | 2 g           | 4 g    | 13 g    |
| 0 mg        | 470 mg | 620 mg    | 129 mg     | 25 g               | 6 g           | 6 g    | 14 g    |
| 0 mg        | 530 mg | 640 mg    | 175 mg     | 34 g               | 3 g           | 7g     | 11 g    |

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