## **CANNED FOODS**

S/B Daily Intake			20gr	25gr	50gr	
FOOD	Serving	Calories	Sat.Fat			<b>POINTS</b>
Pumpkin Pure In Can Libbys	1/2 Cup	50	0	5	1	2
Tomatoes Stewed S&W	1/2 Cup	45	0	6	1	2
TOTALS						
101/15			1	1		