



# Bernard Foods Industries

Your First Choice For High Protein Products



**Hi Protein Cereals** – Protein and Calorie enriched, quick cook, can be made with water, or milk for greater nutritional value.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Oatmeal	60 g mix alone	250	9	8	1	0	38	18	3	< 5	150	1.4	230	330	0	0
	¾ cup prepared with whole milk	330	13	13	4	0	43	23	3	24	300	1.4	290	560	1	200
Farina	60 g mix alone	240	9	6	.5	0	40	11	4	< 5	150	1.1	220	170	0	0
	¾ cup prepared with whole milk	320	13	11	4	0	45	16	4	24	300	1.1	280	380	1	200

**Hi Pro/Calcium Enriched Mashed Potato Mix** – Protein, Calorie, Calcium, Vitamin and Mineral enriched. Instant, complete mix requiring only the addition of water. Rich, buttery taste.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Mashed Potatoes	½ cup	300	7	13	5	0	39	8	1	10	180	.4	300	450	30	0

**Hi Protein/Calcium Enriched Blueberry Muffin Mix • Hi Protein/Calcium Enriched Bran Muffin Mix  
Hi Protein/Calcium Enriched Chocolate Brownie Mix • Hi Protein/Calcium Enriched Instant Cream Soup Base**

These products are made with Isolated Soy Protein, equal in protein quality to milk, which provides an extremely high rate of digestibility, incorporated into traditional foods to provide an excellent source of protein. Calcium enriched to promote bone strength. These cholesterol free complete mix products require only the addition of water.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Blueberry Muffin	38 g mix	160	6	4.5	2.5	0	24	12	0	0	150	1	180	60	0	0
Bran Muffin	38 g mix	160	5	4.5	2	0	25	14	3	0	150	1	180	75	0	0
Chocolate Brownie	28 g mix	120	4	5	2.5	0	17	12	< 1	0	100	1	75	130	0	0
Instant Cream Soup	1 cup	250	8	17	8	0	16	2	< 1	0	100	0	710	25	0	0

**High Protein Broth Mixes** – A flavorful alternative to cold supplements and ideal for clear liquid diets, supplying both protein and electrolytes. An Easy-To-Dissolve Formula providing 8 g protein per serving. Our Beef and Chicken High Protein Broth Mixes are easy to swallow and digest because of their light consistency. Guaranteed to satisfy.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Chicken Broth	1 cup	140	8	0	0	0	25	0	0	0	0	0	720	45	0	0
Beef Broth	1 cup	140	8	0	0	0	26	0	0	0	0	0	600	45	0	0

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**Hi Protein Pudding Mix** – An excellent source of Protein and calories for soft or mechanical diets and for dysphasia patients. Bernard Hi Protein Puddings can be prepared with water, or milk for greater nutritional value.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Chocolate Pudding	½ cup prepared w/ water	140	10	1	.5	0	25	17	.5	5	160	.4	160	270	0	100
	½ cup prepared with whole milk	200	13	4.5	2.5	0	28	21	.5	18	270	.4	310	420	.1	200

**Hi-Pro Plus Supplement** – Bernard Hi-Pro supplements are easy to dissolve with rich satisfying flavor and texture and no medicinal aftertaste. Hi-Pro Supplements provide a high level of protein and calories with an excellent balance of vitamins and minerals.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Vanilla Supplement	35 g Mix Alone	130	7	1	0	0	24	24	0	5	300	5.4	190	320	18	1500
	prepared with whole milk	280	15	9	5	0	36	35	0	36	600	5.4	300	700	21	1750

**Hi Pro/Plus Instant Breakfast in Portion-Pack** – Made from the same formula as our Hi-Pro Supplement in a convenient portion pack form. These fine nutritional supplements can be prepared in seconds by just adding the contents of the individual portion pack to 8 oz. cold milk, stir and serve.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Strawberry Instant Breakfast	prepared with whole milk	280	15	9	5	0	36	35	0	36	600	5.4	220	700	21	1750

**Milk Shakes Plus** – Same nutritional profile as our Hi-Pro Plus in a thicker Milk Shake version.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Chocolate Milk Shake	1 cup prepared with whole milk	290	15	9	5	0	36	35	1	36	600	6	225	700	21	1750

**Hi Protein Gelatin Mixes** – An excellent source of calories and high quality egg white protein in three great flavors. Well suited for soft or mechanical diets and for dysphasia patients.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Gelatins	½ cup	150	11	.5	0	0	25	24	0	0	0	0	150	130	0	0

**High Protein Egg White Solids** -100% pure egg whites. Add high quality protein without affecting the taste of food and beverages.

Product	Serving Size Prepared	Cal	Pro g	Fat g	Sat. Fat g	Trans Fat g	Carb g	Sugar g	Fiber g	Chol mg	Ca mg	Fe mg	Na mg	K mg	Vit. C mg	Vit. A IU
Egg White Solids	1 Tbsp.	25	5	0	0	0	0	0	0	0	0	0	75	70	0	0

ABBREVIATIONS: Cal = Calories; Pro = Protein; Sat. Fat = Saturated Fat; Trans Fat = Trans Fatty Acid; Carb = Carbohydrates; Chol = Cholesterol; Ca = Calcium; Fe = Iron; Na = Sodium; K = Potassium; Vit. C = Vitamin C; Vit. A = Vitamin A

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