



SPECTRUM BLEND FROZEN CUT FRUIT

1/4 CUP SERVING

Nutrition Facts	
Serving Size 1/4 Cup (57g)	
Serving Per Container 40	
Amount Per Serving	
Calories 25	Calories from Fat 0
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber < 1g	4%
Sugars 4g	
Protein 0g	
Vitamin A 0%	• Vitamin C 50%
Calcium 0%	• 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
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carb	300g 375g
Dietary Fiber	25g 30g

INGREDIENT STATEMENT:

White Peaches, Yellow Peaches, Strawberries, Honeydew Balls, Pineapple, Blueberries