

**FRUIT N FITNESS
DUTCH VALLEY
UPDATED
NUTRIPAR
April 17, 2007 -Revised**

| Nutrition Facts | |
|--|-----------------------------|
| Serving Size 1/4 cup (30g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 40 |
| % Daily Value* | |
| Total Fat 4.5g | 7% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 2g | 7% |
| Sugars 14g | |
| Protein 3g | |
| Vitamin A 0% | • Vitamin C 2% |
| 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 • Carbohydrate 4 • Protein 4 | |

Ingredients: Dried cranberries (cranberries, sugar, sunflower oil; raisins (raisins vegetable oil (palm and/or sunflower oil)); Golden Raisins (raisins, vegetable oil (palm and/or sunflower oil), sulfur dioxide (to retain color)), peanuts (pure canola oil), almonds, pumpkin seeds (pepitas, pure canola oil) .

****Contains:** Peanuts, Tree Nuts (almonds).

****Packaged in a facility that also processes products containing:** peanuts, tree nuts, soybeans, milk, egg, fish, crustacean shellfish and wheat ingredients.