

Ocean Spray® Craisins® Dried Cranberries
Strawberry sweetened dried strawberry flavored cranberries
USDA School Lunch Meal Planning Nutrition Facts

Research and Development

| Nutrition Facts | |
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| Serving Size 1.16oz (32.9 g) ¼ cup* | |
| Servings Per Container 1 | |
| Amount Per Serving | |
| Calories 110 | Calories from fat 0 |
| % | |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Sat. Fat 0g | 0% |
| Trans Fat 0g | |
| Sodium 0mg | 0% |
| Total Carbohydrate 28g | 9% |
| Dietary Fiber 3g | 10% |
| Sugars 24g | |
| Protein 0g | |
| Not a significant source of cholesterol, vitamin A, vitamin C, calcium, or Iron | |
| *Percent Daily Values are based on a 2,000 calorie diet. | |
| Ingredients: Cranberries, Sugar, Natural Flavors, Citric Acid, Elderberry Juice Concentrate | |
| Refined sunflower oil is used as a processing aid. | |

*Per FBG, one serving portion (¼ cup dried fruit) equals 1.16 oz (¼ cup) of Ocean Spray Craisins strawberry sweetened dried strawberry flavored cranberries.

| USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update) | | | |
|---|---------------------------------|---|--------------------------------------|
| Product: Cranberries, dried, sweetened whole | | | |
| USDA Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | USDA Purchase Units for 100 Servings |
| 1 Pound | 13.80 | ¼ cup dried fruit | 7.3 |
| 5 lb pkg | 69.00 | ¼ cup dried fruit | 1.5 |
| 30 lb pkg | 414.00 | ¼ cup dried fruit | 0.25 |

| Ocean Spray Equivalent per Case | | | |
|--|---------------------------------|---|---|
| Ocean Spray Purchase Unit | USDA Servings per Purchase Unit | USDA Serving Size per Meal Contribution | Ocean Spray Purchase Units for 100 Servings |
| 200/1.16 oz (32.9 g) pouches | 200 | ¼ cup dried fruit | 0.5 |

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| Per information from USDA FBG above, a serving of sweetened dried cranberries is defined as 32.9 grams per ¼ cup, based on the as purchased unit of one pound being equivalent to 13.8 servings. 32.9 grams = ¼ cup serving = 1.16 ounces |
| 1 lb as purchased (AP) = 1 lb (about 3-3/8 cups) ready-to-cook or -serve cranberries |
| ¼ cup dried fruit served is credited as ½ cup fruit serving in NSLP/SBP |

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Christina Khoo