

QUESTION SET #3

- Given that there are 9 calories per gram of fat, 4 calories per gram of carbohydrate, and 4 calories per gram of protein, calculate the number of calories in this serving Mixed Berry FruitBurst.

- What percentage of a person's daily allowance of carbohydrates is supplied by one serving of Mixed Berry FruitBurst based on a 2,000 calorie diet as well as a 2,500 calorie diet?

| | | 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 |
| Potassium | Less than | 3,500mg | 3,500mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Protein | | 50g | 65g |

Nutrition Facts
Serving Size 1 pouch (90g)

| Amount Per Serving | Calories from Fat 0 |
|-------------------------------|---------------------|
| Calories | |
| | % Daily Value** |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Potassium 150mg | 4% |
| Total Carbohydrate 20g | |
| Dietary Fiber 3g | 12% |
| Sugars 13g | |
| Protein 0g | |
| Vitamin A 2% • Vitamin C 100% | |
| Calcium 2% • Iron 2% | |

**Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEAR PUREE CONCENTRATE, WATER, PEAR JUICE CONCENTRATE, NATURAL FLAVORS, STRAWBERRY PUREE, RED RASPBERRY PUREE CONCENTRATE, BLUEBERRY PUREE CONCENTRATE, FRUIT AND VEGETABLE EXTRACTS FOR COLOR, ASCORBIC ACID (VITAMIN C), MALIC ACID.

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Questions? Call 1-800-543-3090 (Mon.-Fri.)

BPA FREE POUCH

*1 serving = 1/2 cup; Concentrated equivalent to 1/4 cup fruit per USDA Equivalency Database

Refrigerate after opening and use within 24 hours. Try serving chilled.

WARNING: THIS PRODUCT HAS A SMALL CAP AND IS NOT SUITABLE FOR CHILDREN UNDER 3 YEARS.