

**Ocean Spray® Craisins® Dried Cranberries**  
**Sweetened dried orange flavored cranberries with other natural flavors**  
**USDA School Lunch Meal Planning Nutrition Facts**

| <b>Nutrition Facts</b>   |                     |
|--|---------------------|
| Serving Size 1.16oz (32.9 g) ¼ cup*  |                     |
| Servings Per Container 1   |                     |
| Amount Per Serving   |                     |
| <b>Calories</b> 110  | Calories from fat 0 |
| % Daily Value*   |                     |
| <b>Total Fat</b> 0g  | <b>0%</b>           |
| Sat. Fat 0g  | <b>0%</b>           |
| Trans Fat 0g   |                     |
| <b>Sodium</b> 0mg  | <b>0%</b>           |
| <b>Total Carbohydrate</b> 28g  | <b>9%</b>           |
| Dietary Fiber 3g   | <b>10%</b>          |
| Sugars 24g   |                     |
| <b>Protein</b> 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.   |                     |
| <b>Ingredients:</b> Cranberries, Sugar, Citric Acid, Natural Flavors, Elderberry Juice Concentrate (color) |                     |
| 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 blueberry juice infused sweetened dried cranberries with real blueberry juice.

| <b>USDA Food Buying Guide (FBG) for Child Nutrition Programs (Jan. 2013 Update)</b> |                                 |   |                                      |
|---|---------------------------------|---|--------------------------------------|
| 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                                 |

| <b>Ocean Spray Equivalent per Case</b> |                                 |   |   |
|--|---------------------------------|---|---|
| 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   |

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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 Date

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