



BlueRaspberry-Lemon SideKicks Item # 2009

BlueRaspberry-Lemon

Nutrition Facts

Serving Size: 4.4 fl. oz. (127 g) (130 ml)
Servings Per Container: one

Amount Per Serving

Calories: 90

Calories from Fat: 0

	% Daily Value*
Total Fat 0g	0%

Saturated Fat 0g	0%
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Trans Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 30mg	1%
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Total Carbohydrate 22g	7%
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Dietary Fiber 0g	0%
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Sugars 18g**	
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Protein 0g

Vitamin A 20% • Vitamin C 100%

Calcium 8% • Iron 0%

*Percent 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

Calories Per Gram

Fat 9 • Carbohydrate 4 • Protein 4

**Sugars are those naturally occurring in the fruit juices.

Ingredients

Fruit Juice (Water, White Grape Juice Concentrate), Citric Acid, Natural and Artificial Flavors, Tricalcium Phosphate, Ascorbic Acid (Vitamin C), Salt, Turmeric (for Color), Vitamin A Palmitate, Blue 1. Less than 2 percent of Guar Gum, Carob Bean Gum, Xanthan Gum.

Product Formulation Statement for Documenting Fruit Credit

Product Name: **SideKicks** Mfr # 2009 BlueRaspberry-Lemon

Manufacturer: **Country Pure Foods**

Serving Size: One portion cup (4.4 fl oz)

Fruit Component

Description of Creditable Ingredient per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Yield/Servings Per Unit	Creditable Amount (in quarter cups)
Juices, Frozen	4.4 fl oz	X	4 fl oz / 1	2

Total Creditable Fruit Amount: 1/2 cup
Smart Snacks Compliant

I certify the above information is true and correct and that one 4.4 fl oz serving of the above product contains 1/2 cup fruit juice.


Joe Koch, VP of Marketing

June 1, 2016

