

Nutritional Information

Nutrition Facts

Serving Size (264g)
Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories	310	Calories from Fat	120
Total Fat	13g		20%
Saturated Fat	1.5g		8%
Cholesterol	5mg		1%
Sodium	75mg		3%
Total Carbohydrate	43g		14%
Dietary Fiber	6g		23%
Sugars	33g		
Protein	2g		
Vitamin A	0%	Vitamin C	640%
Calcium	15%	Iron	6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fruit & Walnut Salad

INGREDIENTS Apple slices and red grapes, lowfat yogurt, candied walnuts. Apple slices and red grapes: Apples, red grapes, calcium ascorbate (a blend of calcium and vitamin C added to maintain natural color). or Apples, red grapes, ascorbic acid (vitamin C added to maintain natural color), calcium chloride.

Lowfat Yogurt: Cultured pasteurized Grade A lowfat milk, sugar, modified food starch, fructose, nonfat dry milk, whey.

Candied Walnuts: Walnuts (BHA and TBHQ may be added as preservative), sugar, vegetable oil (peanut, cottonseed, soybean and/or sunflower seed), honey, salt, natural (vegetable source) and artificial flavor (contains cereal with gluten) and xanthan gum. Vitamin C added to maintain natural color.

Rich in Vitamin C

May contain Peanuts and/or other Tree Nuts.

“Every Fruit & Walnut Salad has over 1 cup of fruit” says Produce for Better Health Foundation

“Eating 1.5 ounces a day of walnuts can reduce the risk of heart disease” says the FDA

“Frequent consumptions of nuts reduces artery-clogging cholesterol” says the FDA

“Grapes are shown to play a role in preventing heart disease and cancer” says Fresh California Grapes

“Apples may offer health-promoting benefits” says Produce for Better Health Foundation

Nutrition Facts

Serving Size (242g)
Servings Per Container 1

Amount Per Serving		% Daily Value*	
Calories	170	Calories from Fat	10
Total Fat	1g		1%
Saturated Fat	0.5g		3%
Trans Fat	0g		
Cholesterol	5mg		1%
Sodium	30mg		1%
Total Carbohydrate	38g		13%
Dietary Fiber	4g		15%
Sugars	29g		
Protein	2g		
Vitamin A	0%	Vitamin C	640%
Calcium	15%	Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you 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 Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Fruit & Walnut Salad (No Walnuts)

INGREDIENTS Apple slices and red grapes, lowfat yogurt. Apple slices and red grapes: Apples, red grapes, calcium ascorbate (a blend of calcium and vitamin C added to maintain natural color). or Apples, red grapes, ascorbic acid (vitamin C added to maintain natural color), calcium chloride.

Lowfat Yogurt: Cultured pasteurized Grade A lowfat milk, sugar, modified food starch, fructose, nonfat dry milk, whey. Vitamin C added to maintain natural color.

Rich in Vitamin C

