

**Ocean Spray® Craisins® Dried Cranberries**  
**Original sweetened dried cranberries**  
**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> 130	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> 33g	<b>11%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 29g	
<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	
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 Original sweetened dried cranberries

<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
25 lb pkg	345.00	¼ cup dried fruit	0.29

<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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