

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **538**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Orange Juice Blend</b>	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - orange juice blend.	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	20.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	30.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	160.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **539**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Grape Juice Blend</b>	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - grape blend.	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	15.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	80.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item 542

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Blended Fruit Juice</b>	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - blended flavor.	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	10.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	100.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item 552

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Apple-Cranberry Juice</b>	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	13.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	12.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% apple-cranberry juice	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	15.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	85.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item 553

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Apple Juice</b>	CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	
Package Size:	4.00 (oz) 113.40 (g)	Sugar	13.0 (GM)
Servings Per Package:	1	TOTAL FAT	
Weight Per Serving:	4.00 (oz) 113.40 (g)	SATURATED FAT	
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of 100% fruit juice - apple juice blend	PolyFat	
Meal Contributions:		TRANS FAT	
Meat/Meat alternative :		% Calories from Fat	
Grain/Bread Equivalent :		% Calories from Sat. Fat	
Fruit :	1/2 Cup	CHOLESTEROL	
Vegetable :		SODIUM	15.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Keep frozen. Thaw and serve.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	
		IRON	
		POTASSIUM	85.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item	18141	NUTRIENT INFORMATION PER SERVING	
Item Name	<b>DICED PEACHES IN JUICE</b>	CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.0 (GM)
CN Number:		CARBOHYDRATES	21.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	12.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a diced peaches cup.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	See label for directions.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	192.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **18142** NUTRIENT INFORMATION PER SERVING

Item Name	<b>DICED PEARS IN JUICE</b>	CALORIES	55.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	12.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a pear cup in pear juice.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Dry storage.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	6.0 (MG)
		IRON	0.1 (MG)
		POTASSIUM	62.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **18144** NUTRIENT INFORMATION PER SERVING

Item Name	<b>MIXED FRUIT CUP</b>	CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	18.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	16.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a mixed fruit cup in pear juice.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Dry storage.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	11.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	60.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **18145** NUTRIENT INFORMATION PER SERVING

Item Name	<b>MANDARINS IN JUICE</b>	CALORIES	80.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.0 (GM)
CN Number:		CARBOHYDRATES	20.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	14.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a mandarin fruit cup.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	See label for directions.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central database.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	20.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	168.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **18223** NUTRIENT INFORMATION PER SERVING

Item Name	<b>PINEAPPLE TIDBITS CUP</b>	CALORIES	70.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.0 (GM)
CN Number:		CARBOHYDRATES	18.0 (GM)
Basis for Data Submitted:	As Served	Fiber	0.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	14.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a pineapple tidbits fruit cup.	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Preparation Instructions:	Dry storage.	VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	10.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	145.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	0.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item	19526	NUTRIENT INFORMATION PER SERVING	
Item Name	<b>Craisins</b>	CALORIES	110.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.0 (GM)
CN Number:		CARBOHYDRATES	27.0 (GM)
Basis for Data Submitted:	As Served	Fiber	2.0 (GM)
Package Size:	1.16 (oz) 32.89 (g)	Sugar	24.0 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	1.16 (oz) 32.89 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a serving of Craisins.	PolyFat	
		TRANS FAT	0.0 (GM)
Meal Contributions:		% Calories from Fat	0.0 (%)
Meat/Meat alternative :		% Calories from Sat. Fat	0.0 (%)
Grain/Bread Equivalent :		CHOLESTEROL	0.0 (MG)
Fruit :	1/2 Cup	SODIUM	0.0 (MG)
Vegetable :		VITAMIN A	
Vegetable :		VITAMIN C	
Preparation Instructions:	Dry storage.	THIAMIN	
		RIBOFLAVIN	
Source of Nutritional Information:	Ingredient suppliers and/or USDA FoodData Central.	NIACIN	
		CALCIUM	0.0 (MG)
		IRON	0.0 (MG)
		POTASSIUM	0.0 (MG)
		PHOSPHORUS	
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	0.0 (UG)
		Vitamin B6	
		Folate	
		Includes Added Sugars	22.0 (GM)

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **19916**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>SUN SPLASH VEGGIE JUICE</b>		CALORIES	60.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.		PROTEIN	0.0 (GM)
CN Number:			CARBOHYDRATES	15.0 (GM)
Basis for Data Submitted:	As Served		Fiber	0.0 (GM)
Package Size:	4.23 (oz) 119.92 (g)		Sugar	13.0 (GM)
Servings Per Package:	1		TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.23 (oz) 119.92 (g)		SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving		MonoFat	
Product Composition:	Consists of a serving of veggie juice.		PolyFat	
Meal Contributions:			TRANS FAT	0.0 (GM)
Meat/Meat alternative :			% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :			% Calories from Sat. Fat	0.0 (%)
Fruit :			CHOLESTEROL	0.0 (MG)
Vegetable :	1/2	Cup Red/Orange	SODIUM	10.0 (MG)
Vegetable :			VITAMIN A	
Preparation Instructions:	See label for directions.		VITAMIN C	
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.		THIAMIN	
			RIBOFLAVIN	
			NIACIN	
			CALCIUM	10.0 (MG)
			IRON	0.0 (MG)
			POTASSIUM	130.0 (MG)
			PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **803246** NUTRIENT INFORMATION PER SERVING

Item Name	<b>Diced Peaches</b>	CALORIES	54.8 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.5 (GM)
CN Number:		CARBOHYDRATES	13.1 (GM)
Basis for Data Submitted:	As Served	Fiber	0.8 (GM)
Package Size:	4.37 (oz) 123.89 (g)	Sugar	11.8 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of a peach fruit cup.	PolyFat	0.0 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	0.6 (MG)
Vegetable :		VITAMIN A	0.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	4.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	1.7 (MG)
		IRON	0.0 (MG)
		POTASSIUM	68.4 (MG)
		PHOSPHORUS	0.0 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **803248**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Diced Pears</b>	CALORIES	55.7 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	1.8 (GM)
CN Number:		CARBOHYDRATES	14.9 (GM)
Basis for Data Submitted:	As Served	Fiber	2.4 (GM)
Package Size:	4.46 (oz) 126.44 (g)	Sugar	8.8 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.46 (oz) 126.44 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of diced pears.	PolyFat	0.0 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	8.6 (MG)
Vegetable :		VITAMIN A	0.3 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	1.1 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	0.9 (MG)
		IRON	0.3 (MG)
		POTASSIUM	5.5 (MG)
		PHOSPHORUS	0.0 (MG)

No Value-Indicates no information available

Reviewed by: Cristina Dala RD, LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **803250** NUTRIENT INFORMATION PER SERVING

Item Name	<b>Pineapple Tidbits</b>	CALORIES	49.6 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	2.2 (GM)
CN Number:		CARBOHYDRATES	10.7 (GM)
Basis for Data Submitted:	As Served	Fiber	0.6 (GM)
Package Size:	4.37 (oz) 123.89 (g)	Sugar	8.6 (GM)
Servings Per Package:	1	TOTAL FAT	0.0 (GM)
Weight Per Serving:	4.37 (oz) 123.89 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	0.0 (GM)
Product Composition:	Consists of a serving of pineapple tidbits.	PolyFat	0.0 (GM)
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	0.0 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	6.6 (MG)
Vegetable :		VITAMIN A	13.4 (RE)
Preparation Instructions:	See label for directions.	VITAMIN C	6.0 (MG)
Source of Nutritional Information:	Ingredient suppliers and/or USDA database.	THIAMIN	0.0 (MG)
		RIBOFLAVIN	0.0 (MG)
		NIACIN	0.0 (MG)
		CALCIUM	9.6 (MG)
		IRON	0.4 (MG)
		POTASSIUM	5.5 (MG)
		PHOSPHORUS	0.0 (MG)
		Magnesium	
		Zinc	
		Vitamin B12	
		Vitamin D	
		Vitamin B6	
		Folate	
		Includes	Added Sugars

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN

**Preferred Meal Systems, Inc.**  
**Product Specification Sheet**



Item **803252** NUTRIENT INFORMATION PER SERVING

Item Name	<b>Mixed Fruit Cup</b>	<table style="width: 100%; border-collapse: collapse;"> <tr><td>CALORIES</td><td style="text-align: right;">52.0 (KCAL)</td></tr> <tr><td>PROTEIN</td><td style="text-align: right;">2.2 (GM)</td></tr> <tr><td>CARBOHYDRATES</td><td style="text-align: right;">12.5 (GM)</td></tr> <tr><td style="padding-left: 20px;">Fiber</td><td style="text-align: right;">1.2 (GM)</td></tr> <tr><td style="padding-left: 20px;">Sugar</td><td style="text-align: right;">9.5 (GM)</td></tr> <tr><td>TOTAL FAT</td><td style="text-align: right;">0.0 (GM)</td></tr> <tr><td style="padding-left: 20px;">SATURATED FAT</td><td style="text-align: right;">0.0 (GM)</td></tr> <tr><td style="padding-left: 20px;">MonoFat</td><td style="text-align: right;">0.0 (GM)</td></tr> <tr><td style="padding-left: 20px;">PolyFat</td><td style="text-align: right;">0.0 (GM)</td></tr> <tr><td style="padding-left: 20px;">TRANS FAT</td><td style="text-align: right;">0.0 (GM)</td></tr> <tr><td>% Calories from Fat</td><td style="text-align: right;">0.0 (%)</td></tr> <tr><td>% Calories from Sat. Fat</td><td style="text-align: right;">0.0 (%)</td></tr> <tr><td>CHOLESTEROL</td><td style="text-align: right;">0.0 (MG)</td></tr> <tr><td>SODIUM</td><td style="text-align: right;">4.7 (MG)</td></tr> <tr><td>VITAMIN A</td><td style="text-align: right;">5.3 (RE)</td></tr> <tr><td>VITAMIN C</td><td style="text-align: right;">3.4 (MG)</td></tr> <tr><td>THIAMIN</td><td style="text-align: right;">0.0 (MG)</td></tr> <tr><td>RIBOFLAVIN</td><td style="text-align: right;">0.0 (MG)</td></tr> <tr><td>NIACIN</td><td style="text-align: right;">0.0 (MG)</td></tr> <tr><td>CALCIUM</td><td style="text-align: right;">4.6 (MG)</td></tr> <tr><td>IRON</td><td style="text-align: right;">0.2 (MG)</td></tr> <tr><td>POTASSIUM</td><td style="text-align: right;">29.7 (MG)</td></tr> <tr><td>PHOSPHORUS</td><td style="text-align: right;">0.0 (MG)</td></tr> </table>	CALORIES	52.0 (KCAL)	PROTEIN	2.2 (GM)	CARBOHYDRATES	12.5 (GM)	Fiber	1.2 (GM)	Sugar	9.5 (GM)	TOTAL FAT	0.0 (GM)	SATURATED FAT	0.0 (GM)	MonoFat	0.0 (GM)	PolyFat	0.0 (GM)	TRANS FAT	0.0 (GM)	% Calories from Fat	0.0 (%)	% Calories from Sat. Fat	0.0 (%)	CHOLESTEROL	0.0 (MG)	SODIUM	4.7 (MG)	VITAMIN A	5.3 (RE)	VITAMIN C	3.4 (MG)	THIAMIN	0.0 (MG)	RIBOFLAVIN	0.0 (MG)	NIACIN	0.0 (MG)	CALCIUM	4.6 (MG)	IRON	0.2 (MG)	POTASSIUM	29.7 (MG)	PHOSPHORUS	0.0 (MG)
CALORIES	52.0 (KCAL)																																															
PROTEIN	2.2 (GM)																																															
CARBOHYDRATES	12.5 (GM)																																															
Fiber	1.2 (GM)																																															
Sugar	9.5 (GM)																																															
TOTAL FAT	0.0 (GM)																																															
SATURATED FAT	0.0 (GM)																																															
MonoFat	0.0 (GM)																																															
PolyFat	0.0 (GM)																																															
TRANS FAT	0.0 (GM)																																															
% Calories from Fat	0.0 (%)																																															
% Calories from Sat. Fat	0.0 (%)																																															
CHOLESTEROL	0.0 (MG)																																															
SODIUM	4.7 (MG)																																															
VITAMIN A	5.3 (RE)																																															
VITAMIN C	3.4 (MG)																																															
THIAMIN	0.0 (MG)																																															
RIBOFLAVIN	0.0 (MG)																																															
NIACIN	0.0 (MG)																																															
CALCIUM	4.6 (MG)																																															
IRON	0.2 (MG)																																															
POTASSIUM	29.7 (MG)																																															
PHOSPHORUS	0.0 (MG)																																															
Brand:	Preferred Meal Systems, Inc.																																															
CN Number:																																																
Basis for Data Submitted:	As Served																																															
Package Size:	4.37 (oz) 123.89 (g)																																															
Servings Per Package:	1																																															
Weight Per Serving:	4.37 (oz) 123.89 (g)																																															
Nutrients based on:	1 Serving																																															
Product Composition:	Consists of a serving of a mixed fruit cup.																																															
Meal Contributions:																																																
Meat/Meat alternative :																																																
Grain/Bread Equivalent :																																																
Fruit :	1/2 Cup																																															
Vegetable :																																																
Vegetable :																																																
Preparation Instructions:	See label for directions.																																															
Source of Nutritional Information:	Ingredient suppliers and/or USDA database																																															

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN



Preferred Meal Systems, Inc.  
Product Specification Sheet



Item **3878**

NUTRIENT INFORMATION PER SERVING

Item Name	<b>Applesauce Cup</b>	CALORIES	51.0 (KCAL)
Brand:	Preferred Meal Systems, Inc.	PROTEIN	0.2 (GM)
CN Number:		CARBOHYDRATES	14.0 (GM)
Basis for Data Submitted:	As Served	Fiber	1.0 (GM)
Package Size:	4.50 (oz) 127.58 (g)	Sugar	12.0 (GM)
Servings Per Package:		TOTAL FAT	0.1 (GM)
Weight Per Serving:	4.50 (oz) 127.58 (g)	SATURATED FAT	0.0 (GM)
Nutrients based on:	1 Serving	MonoFat	
Product Composition:	Consists of a 4.5 oz serving of applesauce (1/2 cup fruit).	PolyFat	
Meal Contributions:		TRANS FAT	0.0 (GM)
Meat/Meat alternative :		% Calories from Fat	1.8 (%)
Grain/Bread Equivalent :		% Calories from Sat. Fat	0.0 (%)
Fruit :	1/2 Cup	CHOLESTEROL	0.0 (MG)
Vegetable :		SODIUM	2.0 (MG)
Vegetable :		VITAMIN A	1.0 (RE)
Preparation Instructions:	Dry storage.	VITAMIN C	1.2 (MG)
Source of Nutritional Information:	USDA database	THIAMIN	
		RIBOFLAVIN	
		NIACIN	
		CALCIUM	5.0 (MG)
		IRON	0.3 (MG)
		POTASSIUM	90.0 (MG)
		PHOSPHORUS	

No Value-Indicates no information available

Reviewed by: Cristina Oala RD, LDN