

TRY OUR
29oz Mandarins
& Tropical
Fruit Salad

Del Monte
Quality

Sliced Peaches

YELLOW CLING PEACHES IN HEAVY SYRUP

NET WT 15 1/4 OZ (432g)

Nutrition Facts

Serving Size 1/2 cup (127g)
Servings Per Container about 3 1/2

Amount/Serving
Calories 100 Calories from Fat 0
% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 23g	
Protein 0g	

Vitamin A 6% • Vitamin C 8%
Calcium 0% • Iron 2%

*Percent Daily Values are based on a
2,000 calorie diet.

INGREDIENTS: PEACHES, WATER,
CORN SYRUP, SUGAR.

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DISTRIBUTED BY DEL MONTE FOODS
SAN FRANCISCO, CA 94105
PACKED IN THE U.S.A.

Refrigerate any unused
portion in a separate,
covered container.

Questions or Comments?
Call 1-800-543-3090
(MON-FRI). Please
provide code information
from the end of can
when calling or writing.

**Eating Fruit
Couldn't Be Easier!™**

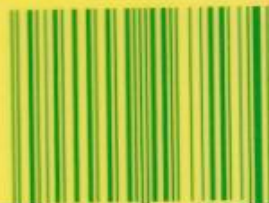
Picked and Packed at the Peak of Ripeness

✓No preservatives ✓Fat-free food

SERVING SUGGESTIONS

- For a quick snack or light meal, serve over yogurt, cottage cheese or frozen yogurt.
- For a delicious smoothie, blend 1 can of undrained Sliced Peaches with 1 cup low-fat vanilla yogurt and 8 ice cubes.
- For added refreshment, try chilled.

Find Great Recipes at:
www.delmonte.com





GOOD SOURCE OF VITAMIN C
80 CALORIES PER ROLL • GLUTEN-FREE

Nutrition Facts

Serving Size 1 roll (21g)
Servings Per Container 6

Amount Per Serving	
Calories 80	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 17g	6%
Sugars 9g	
Protein 0g	
Vitamin C	10%

Not a significant source of dietary fiber, vitamin A, calcium and iron.

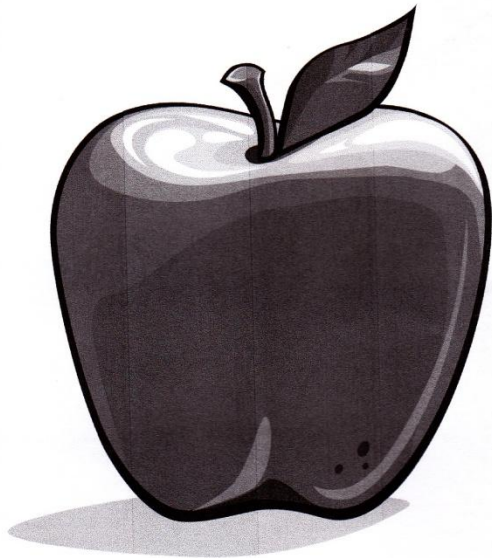
*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: PEARS FROM CONCENTRATE, SUGAR, MALT ODEXTRIN, WATER, CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL. CONTAINS 2% OR LESS OF: CARRAGEENAN, CITRIC ACID, ACETYLATED MONO AND DIGLYCERIDES, SODIUM CITRATE, MALIC ACID, XANTHAN GUM, LOCUST BEAN GUM, VITAMIN C (ASCORBIC ACID), POTASSIUM CITRATE, NATURAL FLAVOR, COLOR (YELLOW 5, RED 40, BLUE 1).



Nutrition Facts	Amount/Serving	% DV*	Amount/Serving	% DV*
	Serving Size 1 Container (113g)	Total Fat 0g	0%	Total Carbohydrate 24g
Servings 6	Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Calories 90	Trans Fat 0g		Soluble Fiber 1g	
Fat Calories 0	Cholesterol 0mg	0%	Insoluble Fiber 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 0mg	0%	Sugars 22g	
	Potassium 70mg	2%	Protein 0g	
	Vitamin A 0% • Vitamin C 20% • Iron 0% • Calcium 0%			

INGREDIENTS: APPLES, HIGH VITAMIN C ASORBIC ACID (VITAMIN C).
 MOTT'S LLP, 5301 LEGACY DRIVE,
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Nutrition Facts

Serving Size 1 cup, quartered or chopped
125g (125 g)

Amount Per Serving

Calories 65 Calories from Fat 2

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	12%
Sugars 13g	

Protein 0g

Vitamin A 1% • **Vitamin C** 10%
Calcium 1% • **Iron** 1%

*Percent Daily 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 Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

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