

NATURAL FRUIT CORPORATION  
COCONUT FROZEN FRUIT BAR

<b>Nutrition Facts</b>	
Serving Size 4 fl oz (118 mL)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 190	Calories from Fat 35
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>6%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 40mg	<b>2%</b>
<b>Total Carbohydrate</b> 38g	<b>13%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 32g	
<b>Protein</b> 1g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 0%
*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
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**INGREDIENTS:** SKIM MILK, CANE SUGAR, COCONUT FLAKES, COCONUT CREAM, MALTODEXTRIN, WHEY, NATURAL STABILIZERS, (GUAR GUM, XANTHAN GUM AND DEXTROSE).

Allergen information: Contains Milk and Tree Nut (Coconut) Ingredients