

NATURAL FRUIT CORPORATION
MANGO FROZEN FRUIT BARS

Nutrition Facts	
Serving Size 4 fl oz (118mL)	
Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 1g	4%
Sugars 30g	
Protein 0g	
Vitamin A 40%	• Vitamin C 20%
Calcium 0%	• 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: MANGO, WATER, CANE SUGAR, NATURAL STABILIZERS
(GUAR GUM, CAROB BEAN GUM, CARRAGEENAN), CITRIC ACID.

Allergen information: Good manufacturing practices used to segregate ingredients in a facility that also processes tree nut (coconut) and milk ingredients.