



## Fruit Calculations

### How Much Single Strength & Purée Concentrate is Equivalent to ½ Cup of Fruit

Conversions for Fruit Cups:  
Single Strength vs Purée Concentrate

1 gal = 128 fl. oz.

1 lb = 454 g

1 cup = 8 fl. oz.

Calculations are Based on  
USDA Dietary Guidelines\*

½ cup = 4 fl. oz.

(from purée or purée concentrate)

\*USDA recommends 2 cups of fruit daily  
(for a 2,000 calorie diet)

More *fruits*, more *forms*, more *possibilities*.

509.698.1435 or 1.800.367.6571 ext. 1435

[www.treetoppingredients.com](http://www.treetoppingredients.com)

P.O. Box 248

220 E. Second Avenue, Selah, WA 98942



#### APPLE-BLEND

**Single Strength** - ½ Cup @ 11.5 BRIX = 123.5 Grams

**Purée Concentrate** - ¼ Cup @ 28 BRIX = 50.7 Grams

3.5 Tablespoons @ 32 BRIX = 44.4 Grams

3 Tablespoons @ 38 BRIX = 37.4 Grams



#### APRICOT

**Single Strength** - ½ Cup @ 11.7 BRIX = 123.6 Grams

**Purée Concentrate** - 3 Tablespoons @ 32 BRIX = 45.2 Grams



#### BLACKBERRY

**Single Strength** - ½ Cup @ 10 BRIX = 122.8 Grams

**Purée Concentrate** - 3 Tablespoons @ 28 BRIX = 43.9 Grams

2 Tablespoons @ 40 BRIX = 30.7 Grams



#### BLUEBERRY

**Single Strength** - ½ Cup @ 10 BRIX = 122.8 Grams

**Purée Concentrate** - 3 Tablespoons @ 28 BRIX = 43.9 Grams



#### CHERRY RED TART

**Single Strength** - ½ Cup @ 14 BRIX = 124.8 Grams

**Purée Concentrate** - ¼ Cup @ 30 BRIX = 58.2 Grams



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#### MANGO

**Single Strength** - ½ Cup @ 13 BRIX = 124.3 Grams

**Purée Concentrate** - ¼ Cup @ 28 BRIX = 57.7 Grams



#### PEACH

**Single Strength** - ½ Cup @ 10.5 BRIX = 123.0 Grams

**Purée Concentrate** - 3 Tablespoons @ 32 BRIX = 40.4 Grams



#### PEAR

**Single Strength** - ½ Cup @ 12 BRIX = 123.8 Grams

**Purée Concentrate** - 3.5 Tablespoons @ 32 BRIX = 46.4 Grams

3 Tablespoons @ 38 BRIX = 39.1 Grams



#### RASPBERRY

**Single Strength** - ½ Cup @ 9.2 BRIX = 122.4 Grams

**Purée Concentrate** - 3 Tablespoons @ 28 BRIX = 40.2 Grams



#### STRAWBERRY

**Single Strength** - ½ Cup @ 8 BRIX = 121.8 Grams

**Purée Concentrate** - 2.5 Tablespoons @ 28.8 BRIX = 33.8 Grams