How Much Dried, Frozen \& Juice Concentrate is Equivalent to $1 / 2$ Cup of Fruit
Calculations are Based on USDA Dietary Guidelines*

## FRUIT SENSATIONS

$1 / 2$ Cup of Sliced or Diced Apples
@ 10\% $\mathrm{H}_{\mathbf{2}} \mathrm{O}=$ approx. 11 Grams of Ingredient
LOW MOISTURE FLAKE POWDER (DRUM DRIED)
$1 / 2$ Cup of Sliced or Diced Apples
@ 2\% $\mathrm{H}_{2} \mathrm{O}=$ approx. 6 Grams of Ingredient
Organic @ 2\% $\mathrm{H}_{\mathbf{2}} \mathbf{O}=$ approx. 6 Grams of Ingredient

## LOW MOISTURE AIR DRIED POWDER/GRANULE

$1 / 2$ Cup of Sliced or Diced Apples
@ 2\% $\mathbf{H}_{\mathbf{2}} \mathrm{O}=$ approx. 6 Grams of Ingredient

## LOW MOISTURE APPLE DICES

One $1 / 2$ Cup Serving of Sliced or Diced Apples @ 3\% $\mathbf{H}_{\mathbf{2}} \mathbf{O}=$ approx. 6 Grams of Ingredient

## EVAPORATED APPLE DICES

One $1 / 2$ Cup Serving of Sliced or Diced Apples @ 24\% $\mathbf{H}_{\mathbf{2}} \mathbf{O}=$ approx. 8 Grams of Ingredient

## INFUSED APPLES

One $1 / 2$ Cup Serving of Sliced or Diced Apples @ 6\% $\mathbf{H}_{\mathbf{2}} \mathbf{O}=$ approx. 11 Grams of Ingredient

## INTERMEDIATE MOISTURE APPLES

One $1 / 2$ Cup Serving of Sliced or Diced Apples @ 18\% $\mathbf{H}_{\mathbf{2}} \mathbf{O}=$ approx. 7 Grams of Ingredient

## TREETOP Fnit Caldulains

## How Much Dried, Frozen \& Juice Concentrate

 is Equivalent to $1 ⁄ 2$ Cup of FruitCalculations are Based on USDA Dietary Guidelines*

## SINGLE STRENGTH PURĖE

$1 / 2$ Cup @ 11.5 BRIX $=123.5$ Grams

## 4+1 SLICED FROZEN STRAWBERRIES

5/8 Cup = 94 Grams

## SOLID PACK FROZEN STRAWBERRIES

$1 / 2$ Cup $=75$ Grams

## JUICE CONCENTRATE

2 Tablespoons @ 40 BRIX = 36 Grams

## JUICE CONCENTRATE

1.5 Tablespoons @ 50 BRIX = 28 Grams

## JUICE CONCENTRATE

1 Tablespoon @ 65 BRIX = 22 Grams

## JUICE CONCENTRATE

1 Tablespoon @ 70 BRIX = 20 Grams
*USDA recommends 2 cups of fruit daily (for a 2,000 calorie diet)
More fruits, more forms, more possibilities.

