

LOW
SUGAR

FRUIT&ME™
FOUR
BERRY

HEALTHY
& NUTRITIOUS

FRUIT&ME™

FRUIT & ME™ STRIVES TO PROVIDE THE HEALTHIEST FRUIT DISHES USING THE BEST FRUITS AVAILABLE TO US. OF THE TOTAL GRAMS OF SUGAR ON OUR NUTRITIONAL LABELS, 98% IS NATURAL FRUIT SUGARS, WHILE ONLY 2% IS CANE SUGAR. NOT ONLY DO WE EMPHASIZE A VERY LOW SUGAR CONTENT, WE HAVE CREATED A SUPERB, ALL NATURAL TASTE PROFILE ENSURING OUR CUSTOMERS A GUILT-FREE TREAT. NO MORE BEING SHACKLED TO TASTELESS, OVERLY PROCESSED TREATS.

THAT IS WHY WE CALL IT FRUIT FREEDOM.™

EAT RIGHT OUT OF THE JAR OR USE IT AS A TOPPING ON CAKE AND ICE CREAM.

MIXED IN COLD WITH YOGURT OR SERVED WARM DRIZZLED WITH SWEET CREAM,

THE WAYS TO USE FRUIT & ME™ ARE ONLY LIMITED BY YOUR IMAGINATION.

RICH IN ANTIOXIDANTS, HIGH IN FIBER AND LOW IN SUGAR,

FRUIT & ME IS A HEALTHY CHOICE FOR THE WHOLE FAMILY.

OFFICE: 832-245-5556

FRUIT & ME™
KATY, TX

FRUITFREEDOM@FRUITANDME.COM
WWW.FRUITANDME.COM

NOT A JELLY, NOR A JAM. IT'S FRUIT FREEDOM™



DIVE INTO IT

EAT IT STRAIGHT FROM THE JAR OR IN A BOWL FOR THE MOST DELICIOUS FRUIT SENSATION. ENJOY IT AS A HEALTHY SNACK OR WHEN TIME IS SHORT.



MIX IT UP

YOGURT
OATMEAL
CEREAL
CREAM
SHAKES
SMOOTHIES

TOPPING

ICE-CREAM
CAKES
PANCAKES
WAFFLES
CEREAL
CREAM CHEESE
AND ANYWHERE
FRUIT IS A MATCH



GLAZE OR CONDIMENT

FOR PORK FOR MEAT FOR FISH
FOR POULTRY FOR SAUCES



MORNING BLISS

PUT IT ON:

TOAST
ENGLISH MUFFIN
CROISSANT
BREAD
CRACKERS



DARK, SWEET CHERRY



BLACKBERRY



MICHIGAN TART CHERRY



KEY LIME BLUEBERRY



FOUR BERRY

100% ALL NATURAL FRUIT, LOW SUGAR

FRUIT&ME™

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DARK, SWEET CHERRY



INGREDIENTS:
DARK SWEET CHERRIES, SUGAR, Non-GMO gluten-free instant corn starch, WATER, PURE LEMON EXTRACT.



Nutrition Facts	
Serving Size 1/4 cup (68g) Servings Per Container 8	
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 0mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 1g	
Vitamin A 10%	Vitamin C 0%
Calcium 0%	Iron 4%

*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
Saturated 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

These large dark sweet cherries spent their days basking in the glow of warm summer's sun and cool Northern nights. Naturally sweet, each cherry bursts with flavor to form a true taste sensation!

BLACKBERRY



INGREDIENTS:
BLACKBERRIES, SUGAR, Non-GMO gluten-free instant corn starch, WATER, PURE LEMON EXTRACT.



Nutrition Facts	
Serving Size 1/4 cup (64g) Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 9g	
Protein 1g	
Vitamin A 2%	Vitamin C 4%
Calcium 2%	Iron 2%

*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
Saturated 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

A perennial favorite, juicy tender blackberries picked at the peak of freshness with earthy undertones and sun kissed sweetness. Not only is it delicious, it is high in antioxidants and high in fiber.

MICHIGAN TART CHERRY



INGREDIENTS:
TART CHERRIES, SUGAR, Non-GMO gluten-free instant corn starch, WATER, PURE LEMON EXTRACT.



Nutrition Facts	
Serving Size 1/4 cup (72g) Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 0g	
Vitamin A 10%	Vitamin C 2%
Calcium 0%	Iron 2%

*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
Saturated 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

With a taste reminiscent of a cherry pie with none of the guilt. These cherries were grown not far from Lake Michigan, near Traverse City, where long summer days give way to cool summer nights. A perfect complement for any meal or snack!

KEY LIME BLUEBERRY



INGREDIENTS:
BLUEBERRIES, SUGAR, Non-GMO gluten-free instant corn starch, KEY LIME JUICE, WATER.



Nutrition Facts	
Serving Size 1/4 cup (67g) Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 0g	
Vitamin A 0%	Vitamin C 2%
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
Saturated 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

Take a traditional favorite and add a twist of nouveau. Delicious blueberries picked at their peak of sweetness and a splash of the exotic key lime. Naturally high in fiber and antioxidants, called anthocyanins.

FOUR BERRY



INGREDIENTS:
BLACKBERRIES, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, SUGAR, Non-GMO gluten-free instant corn starch, WATER, PURE LEMON EXTRACT.



Nutrition Facts	
Serving Size 1/4 cup (65g) Servings Per Container 8	
Amount Per Serving	
Calories 45	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 0g	
Vitamin A 0%	Vitamin C 20%
Calcium 2%	Iron 2%

*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
Saturated 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

An old Danish recipe handed down from generation to generation. Succulent blueberries, strawberries, blackberries, and raspberries picked at the peak of freshness melded together to create a taste of summer's true sweetness. Naturally high in fiber and antioxidants, an honest taste sensation!

CORPORATE GIFTS

FRUIT & ME CAN HANDLE ALL YOUR CORPORATE GIFT NEEDS. DISCOUNTS APPLY FOR BULK PURCHASES. HERE ARE SOME OPTIONS:

- YOU CAN PURCHASE A BULK AMOUNT AND WE'LL SHIP IT TO YOU FOR YOUR DISTRIBUTION.
- YOU CAN GIVE US A LIST OF PEOPLE YOU'D LIKE TO SEND IT TO AND WE'LL SHIP TO EACH INDIVIDUALLY.
- YOU CAN PURCHASE FRUIT & ME GIFT E-CARDS IN BULK FOR YOUR DISTRIBUTION OR WE CAN DO IT FOR YOU.

OR TELL US HOW YOU'D LIKE TO DO IT AND WE'LL HELP YOU.

100% ALL NATURAL FRUIT, LOW SUGAR

FRUIT&ME™