

LOW  
SUGAR

**FRUIT&ME**  
FOUR  
BERRY

HEALTHY  
& NUTRITIOUS

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.

100% FRUIT, ALL NATURAL, LOW SUGAR  
NOT A JELLY, NOR A JAM  
IT'S FRUIT FREEDOM

16 oz. (454 g)

**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.

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

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

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

## DARK, SWEET CHERRY



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

**INGREDIENTS:**  
DARK SWEET CHERRIES, SUGAR, ULTRA GEL, WATER, PURE LEMON EXTRACT.



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! High in antioxidants, cherries are often associated with benefits of combating Alzheimer's Disease and warding off cancer!

## BLACKBERRY



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

**INGREDIENTS:**  
BLACKBERRIES, SUGAR, ULTRA GEL, WATER, PURE LEMON EXTRACT.



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



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

**INGREDIENTS:**  
TART CHERRIES, SUGAR, ULTRA GEL, WATER, PURE LEMON EXTRACT.



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 compliment for any meal or snack! High in antioxidants, cherries are known to ward off cancer, discourage diabetes, reduce inflammation, and are associated with benefits associated with combating Alzheimer's Disease.

## KEY LIME BLUEBERRY



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

**INGREDIENTS:**  
BLUEBERRIES, SUGAR, ULTRA GEL, KEY LIME JUICE, WATER.



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, that may help keep memory sharp as you age and ward off cancer.

## FOUR BERRY



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

**INGREDIENTS:**  
BLACKBERRIES, STRAWBERRIES, BLUEBERRIES, RASPBERRIES, SUGAR, ULTRA GEL, WATER, PURE LEMON EXTRACT.



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!

100% ALL NATURAL FRUIT, LOW SUGAR

**FRUIT&ME™**