

**Packaged:**

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Fruit Cup	Dole Mixed Fruit Bowl in 100% Juice	Canned Fruit	1 container (113g)	1	80	0	0	0	5	19	1	17	0
Fruit Cup	Del Monte Sliced Peaches in 100% Juice - Canned	Canned Fruit	1/2 cup	1	70	0	0	0	10	17	1	13	0
Fruit Cup	Dole Mixed Fruit Cocktail in 100% Juice - Canned	Canned Fruit	1/2 cup	1	60	0	0	0	5	15	1	12	0
Pineapple Chunks	Dole Pineapple Chunks in 100% Juice - Canned	Canned Fruit	1/2 cup	1	70	0	0	0	0	16	1	15	0.5
Pineapple Chunks	Dole Pineapple Chunks - Jarred	Produce	1/2 cup	1	70	0	0	0	0	17	1	16	0.5
Pineapple Chunks	Native Forest 100% Organic Pineapple Chunks	Canned Fruit	1/2 cup (125g)	1.5	80	0	0	0	0	20	1	18	1

Last update: 12/15/21