

**CALORIE CONTROL
BRAND** ®

BERNARD FOOD INDUSTRIES, INC.
EVANSTON, IL • TOLL FREE: 1-800-323-3663

LOW SODIUM
BLUEBERRY
FRUIT TREAT MIX

REORDER 537043

An all purpose, delicious fruit topping for just about everything. Available in six flavors, Apple-Cinnamon, Blueberry, Cherry, Peach, Pina Colada and Strawberry, gives the Foodservice operator the flexibility to meet just about every application. Patients of long-term care facilities who tire of plain fruit day after day can now enjoy the six flavor variety of our fully sweetened, versatile topping. Fruit Treat is one of our most popular products with upscale assisted living facilities, Meals on Wheels and casino operators.

While not quite instant, it is very close. Simply add the appropriate amount of water to ready our Fruit Treat Topping Mix for baking or as a Fruit Topping and allow mixture to stand for 5 minutes.

Fruit Treats make an excellent crisp or pie filling, topped with Bernard Crisp Topping Mix **or** as the perfect topping on cheesecake, diet cakes, pancakes, waffles, French toast, diet pudding, low-fat yogurt, as a topping on toast or just about anything you can think of. And, for that finishing touch, top with Bernard Calorie Control Whipped Topping Mix.

All flavors contain only 60 calories per ¼ cup serving which can be calculated as one fruit exchange, Pina Colada equals one fruit and 1/3 fat exchange. All six flavors qualify as low-sodium with only 10 mg sodium per serving. Low moisture apple pieces are used as the fruit content for each flavor of Fruit Treat.

A 9" x 12" pan will yield 24 – 2 ½" x 2 ½" (¼ cup) servings. The number of servings when used as a topping will be significantly higher.

Sample preparation amounts: Add ¼ cup of dry Fruit Treat to 1 cup water.

Gluten Free

YIELD PER CASE: 138 – ¼ cup servings

PACK SIZE: 6 @ 13 oz. cans

Nutrition Facts

Serving Size 1/4 cup prepared (15g mix)
Servings Per Container 24

Amount Per Serving

Calories 60

Calories from Fat 5

		% Daily Value *
Total Fat	0.5 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	20 mg	1%
Potassium	120 mg	3%
Total Carbohydrate	13 g	4%
Fiber	< 1 g	3%
Sugars	5 g	
Protein	0 g	0%
Vitamin A		0%
Vitamin C		15%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet. Your values may be higher or lower depending on your needs:

		Calories: 2,000	2,500
Total Fat	Less than	65 g	80 g
Saturated Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrate		300 g	375 g
Fiber		25 g	30 g

Ingredients: LOW MOISTURE APPLE (WITH SODIUM SULFITE, CALCIUM STERATE), MALTODEXTRIN, MODIFIED CORN STARCH, SUNFLOWER OIL, POTASSIUM CITRATE, MALIC ACID, RED #40, SALT, ARTIFICIAL FLAVOR, ACESULFAME POTASSIUM, ASCORBIC ACID (VITAMIN C), SUCRALOSE, BLUE #1.

CALORIE CONTROL® is a trademark of Bernard Food Industries, Inc.,
Evanston, IL 60204-1497 1-800-323-3663