

**A470 – FRUIT, CANNED, MIXED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Canned mixed fruit; diced peaches, diced pears, and whole seedless grapes packed in light syrup. Sugar or similar sweetener may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12<math>\frac{1}{8}</math> cups) mixed fruit and juice.</li> <li>One #10 can AP yields about 62.0 oz (8<math>\frac{1}{2}</math> cups) drained mixed fruit and provides about 34.0 <math>\frac{1}{4}</math>-cup servings drained mixed fruit OR about 48.6 <math>\frac{1}{4}</math>-cup servings mixed fruit and juice.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup mixed fruit and juice OR <math>\frac{1}{4}</math> cup drained mixed fruit provides <math>\frac{1}{4}</math> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned mixed fruit in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned mixed fruit covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Fruit, mixed, light syrup, fruit and juice

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (126 g)
Calories	34	69
Protein	0.26 g	0.51 g
Carbohydrate	8.94 g	17.88 g
Dietary Fiber	0.8 g	1.5 g
Sugars	7.16 g	14.33 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.36 mg
Calcium	3 mg	6 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	6 mg
Potassium	53 mg	106 mg
Vitamin A	6 IU	12 IU
Vitamin A	124 RAE	248 RAE
Vitamin C	1.9 mg	3.9 mg
Vitamin E	N/A	N/A



## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Mixed fruit can be used right from the can, chilled, or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.</li> <li>• Serve mixed fruit, chilled with syrup or chilled and drained, as part of fruit salad or with cottage cheese.</li> <li>• Combine with other fresh, canned, or frozen fruit for fruit cup or compotes.</li> <li>• Add mixed fruit to gelatin.</li> <li>• Use as directed in recipes specifying mixed fruit or fruit cocktail.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>