



**USDA Foods Fact Sheet for Schools & Child Nutrition Institutions**

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**100212 – FRUIT, CANNED, MIXED, EXTRA LIGHT SYRUP**

<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, are packed in extra light syrup or juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>• 6/#10 cans per case. Each can contains about 106 oz (12½ cups) mixed fruit and juice.</li> <li>• One #10 can AP yields about 62.0 oz (8½ cups) drained mixed fruit and provides about 34.0 ¼-cup servings drained mixed fruit OR about 48.6 ¼-cup servings mixed fruit and juice.</li> <li>• CN Crediting: ¼ cup mixed fruit and juice OR ¼ cup drained mixed fruit provides ¼ 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, extra light syrup, fruit or juice

	¼ cup (63 g)	½ 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	0 mg	0 mg