

# 1st Foods® Purees from Gerber

Nutrients per Serving:

% Daily Values:

Products	Ingredients	Serving Size	Calories	Total Fat	Trans Fat	Sodium	Potassium	Total Carb	Fiber	Sugars	Protein	Protein	Vit A	Vit C	Calcium	Iron	Zinc
Applesauce	Apples, Ascorbic Acid (Vitamin C)	2.5oz (71g)	40	0g	0g	0mg	55mg	9g	1g	8g	0g	Not a significant source	0%	45%	0%	0%	
Bananas	Fully Ripened Bananas, Citric Acid, Ascorbic Acid (Vitamin C)	2.5oz (71g)	60	0g	0g	5mg	210mg	15g	1g	12g	<1g	Not a significant source	0%	45%	0%	0%	2%
Carrots	Carrots, Water	2.5oz (71g)	25	0g	0g	80mg	125mg	5g	1g	4g	<1g	Not a significant source	300%	0%	2%	0%	
Green Beans	Green Beans and Water	2.5oz (71g)	25	0g	0g	0mg	115mg	4g	1g	2g	1g	4%	10%	0%	4%	2%	2%
Peaches	Peaches and Ascorbic Acid	2.5oz (71g)	35	0g	0g	5mg	120mg	7g	1g	6g	0g	0%	2%	45%	0%	0%	
Pears	Pears and Ascorbic Acid (Vitamin C)	2.5oz (71g)	40	0g	0g	0mg	90mg	10g	2g	7g	0g	0%	0%	45%	0%	0%	
Peas	Peas and Water	2.5oz (71g)	35	0g	0g	5mg	80mg	5g	1g	2g	2g	9%	8%	0%	0%	4%	6%
Prunes	Water, Dried Prunes	2.5oz (71g)	70	0g	0g	10mg	190mg	17g	2g	10g	<1g	Not a significant source	2%	0%	2%	0%	2%
Squash	Squash, Water	2.5oz (71g)	25	0g	0g	5mg	150mg	5g	1g	4g	<1g	Not a significant source	20%	0%	0%	0%	
Sweet Potatoes	Sweet Potatoes, Water	2.5oz (71g)	50	0g	0g	15mg	200mg	11g	1g	6g	<1g	2%	250%	0%	0%	0%	2%

Created 10-07

Updated 7-08