

2nd 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
4-Ounce Glass Jars																	
Applesauce	Apples, Ascorbic Acid (Vitamin C)	4.0oz (113g)	50	0g	0g	0mg	100mg	15g	1g	11g	0g	Not a significant source	2%	45%	0%	0%	0%
Bananas	Fully Ripened Bananas, Citric Acid, Ascorbic Acid (Vitamin C)	4.0oz (113g)	90	0g	0g	5mg	350mg	25g	2g	19g	1g	Not a significant source	2%	45%	0%	0%	2%
Pears	Pears, Ascorbic Acid (Vitamin C), Citric Acid	4.0oz (113g)	70	0g	0g	0mg	130mg	18g	3g	12g	<1g	Not a significant source	0%	45%	0%	0%	2%
Apple Blueberry	Apples, Blueberries, Water, Ascorbic Acid (Vitamin C)	4.0oz (113g)	60	0g	0g	0mg	95mg	14g	1g	11g	0g	Not a significant source	2%	45%	0%	0%	0%
Apple Strawberry Banana	Apples, Strawberry Puree, Fully Ripened Bananas, Ascorbic Acid (Vitamin C)	4.0oz (113g)	60	0g	0g	5mg	120mg	14g	1g	11g	0g	Not a significant source	0%	45%	0%	0%	0%
Carrots	Carrots, Water	4.0oz (113g)	50	0g	0g	80mg	360mg	10g	3g	7g	1g	Not a significant source	590%	0%	4%	0%	4%
Green Beans	Green Beans, Water	4.0oz (113g)	40	0g	0g	10mg	250mg	9g	3g	3g	2g	5%	15%	0%	6%	4%	6%
Peas	Peas, Water	4.0oz (113g)	45	0g	0g	5mg	110mg	8g	3g	3g	3g	7%	10%	0%	2%	4%	8%
Squash	Squash, Water	4.0oz (113g)	40	0g	0g	5mg	300mg	9g	2g	5g	1g	Not a significant source	100%	0%	4%	2%	4%
Sweet Potatoes	Sweet Potatoes, Water	4.0oz (113g)	80	0g	0g	25mg	290mg	18g	2g	10g	1g	5%	490%	0%	2%	2%	4%
3.5-Ounce 2-Packs																	
Applesauce	Apples, Ascorbic Acid (Vitamin C)	3.5oz (99g)	50	0g	0g	10mg	80mg	12g	1g	11g	0g	Not a significant source	0%	45%	0%	0%	
Bananas	Fully Ripened Bananas, Citric Acid, Ascorbic Acid (Vitamin C)	3.5oz (99g)	90	0g	0g	15mg	300mg	21g	1g	17g	1g	Not a significant source	2%	45%	0%	0%	2%
Carrots	Carrots, Water	3.5oz (99g)	35	0g	0g	85mg	200mg	7g	1g	5g	<1g	2%	400%	0%	2%	0%	4%
Green Beans	Green Beans, Water	3.5oz (99g)	30	0g	0g	10mg	150mg	6g	2g	2g	1g	5%	10%	0%	4%	4%	4%

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Peaches	Peaches, Peaches from Concentrate (Water, Peach Concentrate), White Grape Juice Concentrate, Ascorbic Acid (Vitamin C)	3.5oz (99g)	60	0g	0g	10mg	160mg	13g	1g	12g	<1g	Not a significant source	8%	45%	0%	0%	
Pears	Pears, Pears from Concentrate (Water, Pear Concentrate), Ascorbic Acid (Vitamin C), Citric Acid	3.5oz (99g)	70	0g	0g	10mg	115mg	17g	2g	12g	0g	Not a significant source	0%	45%	0%	0%	
Peas	Peas, Water	3.5oz (99g)	50	0.5g	0g	10mg	110mg	8g	2g	3g	3g	12%	10%	4%	2%	6%	10%
Squash	Squash, Water	3.5oz (99g)	35	0g	0g	10mg	170mg	7g	1g	4g	<1g	2%	50%	0%	2%	0%	2%
Sweet Potatoes	Sweet Potatoes, Water	3.5oz (99g)	70	0g	0g	30mg	200mg	16g	1g	9g	1g	3%	300%	0%	2%	0%	2%
Apple Strawberry Banana	Apples, Strawberries, Fully Ripened Bananas, Ascorbic Acid (Vitamin C)	3.5oz (99g)	60	0g	0g	10mg	120mg	14g	0g	12g	0g	Not a significant source	0%	45%	0%	0%	
Apples & Cherries	Apples, Cherries, Water, Ascorbic Acid (Vitamin C)	3.5oz (99g)	60	0g	0g	10mg	95mg	13g	1g	11g	0g	Not a significant source	0%	45%	0%	0%	
Apricots with Mixed Fruit	Apricots from Concentrate (Water, Apricot Concentrate), Apples, Pears from Concentrate (Water, Pear Concentrate), Fully Ripened Bananas, Ascorbic Acid (Vitamin C), Citric Acid	3.5oz (99g)	60	0g	0g	10mg	180mg	14g	1g	10g	<1g	Not a significant source	45%	45%	0%	0%	
Bananas with Apples & Pears	Fully Ripened Bananas, Apples, Pears from Concentrate (Water, Pear Concentrate), Citric Acid, Ascorbic Acid	3.5oz (99g)	80	0g	0g	10mg	240mg	20g	1g	16g	1g	Not a significant source	2%	45%	0%	0%	2%
Carrot Apple Mango	Carrots, Apples, Mango Puree from Concentrate (Water, Mango Concentrate), Citric Acid, Ascorbic Acid (Vitamin C)	3.5oz (99g)	45	0g	0g	25mg	180mg	11g	1g	9g	<1	Not a significant source	250%	45%	2%	0%	2%

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Garden Vegetables	Water, Peas, Carrots, Spinach	3.5oz (99g)	40	0.5g	0g	35mg	150mg	7g	2g	3g	2g	10%	170%	0%	4%	4%	8%
Mixed Vegetables	Carrots, Water, Peas, Dried Potatoes	3.5oz (99g)	45	0g	0g	50mg	150mg	9g	1g	3g	1g	6%	200%	0%	2%	2%	4%
Pear Pineapple	Pears, Pears from Concentrate (Water, Pear Concentrate), Pineapple, Water, Ascorbic Acid (Vitamin C), Citric Acid	3.5oz (99g)	60	0g	0g	5mg	110mg	13g	2g	10g	0g	Not a significant source	0%	45%	0%	0%	
Plums with Apples	Plums, Apples	3.5oz (99g)	60	0g	0g	0mg	110mg	12g	1g	10g	0g	Not a significant source	20%	0%	0%	0%	
Prunes with Apples	Prune Puree, Apples	3.5oz (99g)	80	0g	0g	0mg	150mg	18g	2g	11g	<1g	Not a significant source	10%	0%	2%	0%	2%
Sweet Potatoes & Corn	Sweet Potatoes, Water, Corn	3.5oz (99g)	70	0g	0g	20mg	200mg	15g	1g	7g	1g	4%	200%	0%	2%	0%	2%
Banana Mixed Berries	Fully Ripened Bananas, Blackberries, Blueberries, Citric Acid, Ascorbic Acid (Vitamin C)	3.5oz (99g)	90	0g	0g	0mg	280mg	20g	1g	17g	1g	Not a significant source	4%	45%	0%	0%	2%
Banana Plum Grape	Fully Ripened Bananas, Plums, Grape Juice Concentrate, Citric Acid	3.5oz (99g)	100	0g	0g	10mg	260mg	22g	1g	19g	1g	Not a significant source	8%	0%	0%	0%	2%
Banana Orange Medley	Fully Ripened Bananas, Mango from Concentrate (Water, Mango Concentrate), Apples, Orange Juice Concentrate, Pineapple, Ascorbic Acid (Vitamin C), Citric Acid	3.5oz (99g)	90	0g	0g	10mg	260mg	20g	1g	17g	1g	Not a significant source	20%	45%	0%	0%	2%