

3rd 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
Squash	Squash, Water	6oz (170g)	60	0g	0g	10mg	300mg	11g	2g	7g	1g	6%	100%	0%	4%	2%	4%
Sweet Potatoes	Sweet Potatoes, Water	6oz (170g)	110	0g	0g	40mg	430mg	25g	2g	15g	1g	6%	640%	0%	2%	2%	4%
Applesauce	Apples, Ascorbic Acid (Vitamin C)	6oz (170g)	90	0g	0g	5mg	140mg	21g	2g	18g	<1g	Not a significant source	0%	45%	0%	0%	
Bananas	Fully Ripened Bananas, Citric Acid, Ascorbic Acid (Vitamin C)	6oz (170g)	150	0g	0g	20mg	500mg	37g	2g	30g	2g	Not a significant source	4%	45%	0%	2%	6%
Peaches	Peaches, Peaches from Concentrate (Water, Peach Concentrate), White Grape Juice Concentrate, Ascorbic Acid (Vitamin C)	6oz (170g)	110	0g	0g	15mg	270mg	25g	2g	20g	1g	Not a significant source	20%	45%	0%	0%	2%
Pears	Pears, Pears from Concentrate (Water, Pear Concentrate), Ascorbic Acid (Vitamin C), Citric Acid	6oz (170g)	120	0g	0g	10mg	230mg	30g	4g	21g	<1g	Not a significant source	0%	45%	2%	2%	4%
Banana Strawberry	Fully Ripened Bananas, Strawberries, Apple Juice from Concentrate (Water, Apple Juice Concentrate), Grape Juice Concentrate (Color), Citric Acid, Ascorbic Acid (Vitamin C)	6oz (170g)	160	0g	0g	20mg	520mg	38g	2g	30g	1g	Not a significant source	2%	45%	0%	2%	6%
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	6oz (170g)	100	0g	0g	10mg	310mg	24g	2g	19g	1g	Not a significant source	100%	45%	2%	2%	2%

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