

Organic 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
Organic Applesauce	Organic Apples, Ascorbic Acid (Vitamin C)	2.5oz (71g)	40	0g	0g	0mg	65mg	9g	<1g	8g	0g	Not a significant source	0%	45%	0%	0%	
Organic Bananas	Organic Bananas, Citric Acid, Ascorbic Acid (Vitamin C)	2.5oz (71g)	70	0g	0g	0mg	230mg	16g	1g	13g	<1g	Not a significant source	0%	45%	0%	0%	2%
Organic Carrots	Organic Carrots, Water	2.5oz (71g)	25	0g	0g	70mg	140mg	5g	1g	3g	0g	Not a significant source	300%	0%	2%	0%	2%
Organic Pears	Organic Pears, Ascorbic Acid (Vitamin C)	2.5oz (71g)	40	0g	0g	0mg	70mg	10g	1g	6g	0g	Not a significant source	0%	45%	0%	0%	
Organic Sweet Peas	Organic Peas, Water	2.5oz (71g)	35	0g	0g	5mg	70mg	7g	1g	3g	2g	6%	8%	0%	0%	4%	6%
Organic Prunes	Water, Dried Organic Prunes	2.5oz (71g)	70	0g	0g	10mg	220mg	20g	2g	12g	<1g	Not a significant source	2%	0%	2%	0%	2%
Organic Sweet Potatoes	Organic Sweet Potatoes, Water	2.5oz (71g)	45	0g	0g	25mg	160mg	11g	1g	6g	<1g	2%	250%	0%	0%	0%	2%