Ocean Spray® Craisins® Dried Cranberries Watermelon
Sweetened dried watermelon flavored cranberries with other natural flavors
USDA School Lunch Meal Planning Nutrition Facts

Nutrition Facts

Serving Size 1.16oz (32.9 g) ¼ cup*
Servings Per Container 1

Amount Per Serving	
Calories 110	Calories from fat 0
	% Daily Value*
Total Fat 0g	**0%**
Sat. Fat 0g	**0%**
Trans Fat 0g	
Sodium 0mg	**0%**
Total Carbohydrate 28g	**9%**
Dietary Fiber 3g	**12%**
Sugars 24g	
Protein 0g	

Not a significant source of cholesterol, vitamin A, vitamin C, calcium, or Iron

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Cranberries, Sugar, Natural Flavor, Citric Acid, Elderberry Juice Concentrate (for Color)

Refined sunflower oil is used as a processing aid.

*Per FBG, one serving portion (¼ cup dried fruit) equals 1.16 oz (¼ cup) of Ocean Spray Craisins blueberry juice infused sweetened dried cranberries with real blueberry juice.

USDA Food Buying Guide (FBG) for Child Nutrition Programs (January 23, 2017 Update)

Product: Cranberries, dried, sweetened whole

USDA Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	USDA Purchase Units for 100 Servings
1 Pound	13.80	¼ cup dried fruit	7.3
5 lb pkg	69.00	¼ cup dried fruit	1.5
30 lb pkg	414.00	¼ cup dried fruit	0.25

Ocean Spray Equivalent per Case

Ocean Spray Purchase Unit	USDA Servings per Purchase Unit	USDA Serving Size per Meal Contribution	Ocean Spray Purchase Units for 100 Servings
200/1.16 oz (32.9 g) pouches	200	¼ cup dried fruit	0.5

Per information from USDA FBG above, a serving of sweetened dried cranberries is defined as 32.9 grams per ¼ cup, based on the as purchased unit of one pound being equivalent to 13.8 servings. 32.9 grams = ¼ cup serving = 1.16 ounces

1 lb as purchased (AP) = 1 lb (about 3-3/8 cups) ready-to-cook or -serve cranberries

¼ cup dried fruit served is credited as ½ cup fruit serving in NSLP/SBP

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Lorie L. Staley
Global Health Science & Regulatory Affairs