



A **FRESH** APPROACH TO FRUIT.™
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Nutrition Information

Fruit Salad Deluxe

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 14mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Vitamin A 10% • Vitamin C 70%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Rio Citrus Salad

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 62	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 15g	
Protein 0g	
Vitamin A 2% • Vitamin C 110%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Oranges

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 51	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 7mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	12%
Sugars 12g	
Protein 1g	
Vitamin A 0% • Vitamin C 100%	
Calcium 2% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Grapefruit

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 57	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 0% • Vitamin C 70%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Golden Sweet Pineapple

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 75	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 11mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 0g	
Vitamin A 0% • Vitamin C 170%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Honeydew

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 55	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 0g	
Vitamin A 0% • Vitamin C 60%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Cantaloupe

Nutrition Facts	
Serving Size 120g (1/2 cup)	
Amount Per Serving	
Calories 52	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 24mg	1%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 70% • Vitamin C 80%	
Calcium 1% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	

Apples

Nutrition Facts	
Serving Size 57g (2 oz)	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 6g	
Protein 0g	
Vitamin A 0% • Vitamin C 4%	
Calcium 0% • Iron 0%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2000 2500	
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrates 4 • Protein 4	