



Healthier Snacking *Made Easy!*

Fruit Bowls
Fruit Parfaits
Fruit Bowls in Gel

All
Fruit Bowls[®]
are packed in
100% Fruit Juice



A VARIETY OF BENEFITS:

- Shelf Stable, Ready to Eat
- New, Appetite-appealing Graphics
- Perfect Snack for Health Conscious Consumers
- 7 oz. Size Includes Fork
- No Artificial Sweeteners or High-fructose Corn Syrup Included



NUTRITION INFORMATION

DOLE FRUIT BOWLS, 4 oz. Serving (113g) IN 100% FRUIT JUICE	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Potassium	Carbohydrate	Fiber	Sugars	Protein	%Percentage of U.S. Daily Value		
											Vitamin A	Vitamin C	Calcium
Mandarin Oranges in 100% Fruit Juice INGREDIENTS: Mandarin Oranges, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (Vitamin C), and Citric Acid.	70	0g	0g	0g	10mg	75mg	18g	<1g	17g	0g	10%	45%	0%
Tropical Fruit in 100% Fruit Juice INGREDIENTS: Fruit (Pineapple, Papaya [Red and Yellow]), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	60	0g	0g	0g	0mg	160mg	14g	1g	13g	<1g	10%	45%	0%
Diced Peaches in 100% Fruit Juice INGREDIENTS: Peaches, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	70	0g	0g	0g	5mg	90mg	18g	<1g	17g	0g	4%	45%	0%
Mixed Fruit in 100% Fruit Juice INGREDIENTS: Fruit (Peaches, Pineapple, Apples, Pears), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	70	0g	0g	0g	5mg	85mg	17g	1g	16g	0g	2%	45%	0%
Pineapple Tidbits in 100% Pineapple Juice INGREDIENTS: Pineapple, Pineapple Juice, Ascorbic Acid (Vitamin C), and Citric Acid.	60	0g	0g	0g	0mg	135mg	15g	1g	14g	<1g	0%	50%	0%
Diced Pears in 100% Fruit Juice INGREDIENTS: Pears, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (Vitamin C), and Citric Acid.	70	0g	0g	0g	10mg	25mg	18g	<1g	17g	<1g	4%	45%	0%
DOLE FRUIT PARFAITS, 4.3 oz. Serving (123g)													
Peaches & Crème INGREDIENTS: Peaches, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural and Artificial Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (A Milk Derivative), Citric Acid, Ascorbic Acid (Vitamin C), Carrageenan, Beta Carotene (Color), and Locust Bean Gum.	120	2g	2g	0g	10mg	55mg	24g	1g	19g	0g	6%	25%	0%
Apples & Crème INGREDIENTS: Apples, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (a Milk Derivative), Cinnamon Powder, Ascorbic Acid (Vitamin C), Caramel Color, Carrageenan, Locust Bean Gum, Citric Acid, and Beta Carotene (Color).	130	2.5g	2g	0g	10mg	40mg	26g	1g	20g	0g	0%	25%	0%
DOLE FRUIT BOWLS IN GEL, 4.3 oz. Serving (123g)													
Pineapple in Strawberry Sugar Free Gel INGREDIENTS: Water, Pineapple, Maltitol, Carrageenan, Natural and Artificial Flavors, Locust Bean Gum, Cochineal Extract (Color), Fumaric Acid, Maltodextrin, Sodium Citrate, Potassium Citrate, Ascorbic Acid (Vitamin C), Sucralose, and Malic Acid.	70	0g	0g	0g	25mg	80mg	17g	<1g	6g	0g	0%	25%	0%
Mandarin Orange in Orange Gel INGREDIENTS: Water, Mandarin Oranges, Sugar, Carrageenan, Natural and Artificial Flavors, Sodium Citrate, Locust Bean Gum, Malic Acid, Fumaric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), and FD&C Yellow #6 (Color).	90	0g	0g	0g	55mg	50mg	23g	<1g	22g	0g	8%	25%	0%
Peaches in Strawberry Gel INGREDIENTS: Water, Peaches, Sugar, Carrageenan, Natural and Artificial Flavors, Locust Bean Gum, Cochineal Extract (Color), Malic Acid, Fumaric Acid, Sodium Citrate, Potassium Citrate, and Ascorbic Acid (Vitamin C).	90	0g	0g	0g	25mg	70mg	23g	1g	22g	0g	2%	25%	0%
DOLE FRUIT BOWLS, 7 oz. Serving (198g) IN 100% FRUIT JUICE													
NEW! Mixed Fruit in 100% Fruit Juice INGREDIENTS: Fruit (Pineapple, Peaches, Pears), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	130	0g	0g	0g	10mg	125mg	30g	1g	29g	1g	4%	80%	0%
Tropical Fruit in 100% Fruit Juice INGREDIENTS: Fruit (Pineapple, Papaya [Yellow and Red]), White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	110	0g	0g	0g	10mg	260mg	27g	2g	25g	<1g	20%	80%	4%
NEW! Sliced Peaches in 100% Fruit Juice INGREDIENTS: Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (Vitamin C), and Citric Acid.	130	0g	0g	0g	10mg	160mg	31g	2g	29g	<1g	6%	80%	0%
NEW! Mandarin Oranges in 100% Fruit Juice INGREDIENTS: Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (Vitamin C), and Citric Acid.	130	0g	0g	0g	15mg	135mg	31g	<1g	29g	<1g	15%	80%	0%
DOLE FRUIT PARFAITS, 7 oz. Serving (198g)													
Apples & Crème INGREDIENTS: Apples, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (a Milk Derivative), Cinnamon Powder, Ascorbic Acid (Vitamin C), Caramel Color, Carrageenan, Locust Bean Gum, Citric Acid, and Beta Carotene (Color).	200	4g	3g	0g	15mg	65mg	40g	2g	31g	0g	0%	45%	0%
Pineapple & Crème INGREDIENTS: Pineapple, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural and Artificial Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (a Milk Derivative), Ascorbic Acid (Vitamin C), Citric Acid, Carrageenan, Beta Carotene (Color) and Locust Bean Gum.	190	3.5g	3g	0g	15mg	95mg	38g	<1g	32g	<1g	6%	45%	<2%
DOLE FRUIT BOWLS IN GEL, 7 oz. Serving (198g)													
Mixed Fruit in Black Cherry Gel INGREDIENTS: Water, Fruit (Peaches, Pears, Pineapple), Sugar, Carrageenan, Malic Acid, Cochineal Extract (Color), Locust Bean Gum, Fumaric Acid, Natural and Artificial Flavors, Sodium Citrate, Potassium Citrate, Caramel Color, and Ascorbic Acid (Vitamin C).	150	0g	0g	0g	45mg	105mg	38g	2g	36g	0g	0%	45%	0%
Mandarins in Orange Gel INGREDIENTS: Water, Mandarin Oranges, Sugar, Carrageenan, Natural and Artificial Flavors, Sodium Citrate, Locust Bean Gum, Malic Acid, Fumaric Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), and FD&C Yellow #6 (Color).	160	0g	0g	0g	90mg	80mg	39g	1g	36g	0g	10%	40%	0%

SPECIFICATIONS

DOLE FRUIT BOWLS, 4 oz.	Case Code	Pack Size	Case Dimensions		Case Weight		Case Cube	Cases Per Pallet
			Length x Width x Height	Net	Gross			
Mandarin Oranges in 100% Fruit Juice	38900-04208	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
Tropical Fruit in 100% Fruit Juice	38900-03048	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
Diced Peaches in 100% Fruit Juice	38900-03073	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
Mixed Fruit in 100% Fruit Juice	38900-03065	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
Pineapple Tidbits in 100% Pineapple Juice	38900-00419	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
Diced Pears in 100% Fruit Juice	38900-03019	36/4.0 oz.	13.000 x 9.625 x 6.000"		9.0 lbs.	10.85 lbs.	.4342 ft.	105
DOLE FRUIT PARFAITS, 4.3 oz.								
Peaches & Crème	38900-03140	36/4.3 oz.	13.000 x 9.625 x 6.000"		9.68 lbs.	12.00 lbs.	.4342 ft.	105
Apples & Crème	38900-03143	36/4.3 oz.	13.000 x 9.625 x 6.000"		9.68 lbs.	12.00 lbs.	.4342 ft.	105
DOLE FRUIT BOWLS IN GEL, 4.3 oz.								
Pineapple in Strawberry Sugar Free Gel	38900-03534	36/4.3 oz.	13.000 x 9.625 x 6.000"		9.68 lbs.	12.24 lbs.	.4342 ft.	105
Mandarin Orange in Orange Gel	38900-03054	36/4.3 oz.	13.000 x 9.625 x 6.000"		9.68 lbs.	12.24 lbs.	.4342 ft.	105
Peaches in Strawberry Gel	38900-03053	36/4.3 oz.	13.000 x 9.625 x 6.000"		9.68 lbs.	12.24 lbs.	.4342 ft.	105
DOLE FRUIT BOWLS, 7 oz. - Fork Included!								
NEW! Mixed Fruit in 100% Fruit Juice	38900-71924	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
Tropical Fruit in 100% Fruit Juice	38900-79088-011	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
NEW! Sliced Peaches in 100% Fruit Juice	38900-71966	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
NEW! Mandarin Oranges in 100% Fruit Juice	38900-74206-011	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
DOLE FRUIT PARFAITS, 7 oz. - Fork Included!								
Apples & Crème	38900-71922	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
Pineapple & Crème	38900-71926	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
DOLE FRUIT BOWLS IN GEL, 7 oz. - Fork Included!								
Mixed Fruit in Black Cherry Gel	38900-71971	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112
Mandarins in Orange Gel	38900-71970	12/7 oz.	12.01 x 8.07 x 6"		5.25 lbs.	6.5 lbs.	.340 ft.	112

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



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