



# MOTT'S APPLE SAUCE

## A Nutritious Favorite of Kids and Adults

People of all ages love apple sauce for its taste as well as its texture. Mott's offers a variety of flavors that can accompany any meal, or be eaten as a snack. According to MyPyramid, one cup of apple sauce counts as one cup of fruit. The recommended amounts for children are 1-1 1/2 cups of fruit each day, and 1 1/2-2 cups for adults<sup>1</sup>.

## Portable Nutrition

Apple sauce in single serve cups is a great snack that you can carry with you and eat on-the-go, and can easily fit into a lunch box. Mott's Apple Sauce contains 20% of the Daily Value (DV) for vitamin C. Each serving is naturally fat- and cholesterol-free, as well as naturally sodium-free.

## Varieties


Single-serve apple sauce is available in six-packs of 4-ounce cups in Original, Cinnamon and Natural (unsweetened), and a variety of fruit flavors. Twenty-four-ounce and 48-ounce multi-serve jars are available in Original, Cinnamon and Natural (unsweetened).

*Eating fruit provides a variety of health benefits. Fruits contain many vitamins and minerals that help children and adults stay healthy. People who eat more fruits and vegetables in an overall healthy diet have lower risks of some chronic diseases<sup>1</sup>. MyPyramid recommends people choose a variety of fruits<sup>2</sup>. Mott's offers a number of products to help people of all ages meet their daily recommended fruit requirements.*

## REFERENCES:

- United States Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines>
- United States Department of Agriculture, 2005. Available at: <http://mypyramid.gov>

**ORIGINAL**




Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b>		0g	0%	<b>Total Carbohydrate</b>	27g <b>9%</b>
Saturated Fat		0g	0%	Dietary Fiber	1g <b>4%</b>
Trans Fat		0g		Soluble Fiber	1g
<b>Cholesterol</b>		0mg	0%	Sugars	25g
<b>Sodium</b>		0mg	0%	<b>Protein</b>	0g
<b>Potassium</b>		80mg	2%		
Calories 110		Vitamin C 20%			
Calories From Fat 0					

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, calcium and iron.

**INGREDIENTS:** APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, ASCORBIC ACID (VITAMIN C).

**CINNAMON**




Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b>		0g	0%	<b>Total Carbohydrate</b>	29g <b>10%</b>
Saturated Fat		0g	0%	Dietary Fiber	1g <b>4%</b>
Trans Fat		0g		Soluble Fiber	1g
<b>Cholesterol</b>		0mg	0%	Sugars	27g
<b>Sodium</b>		0mg	0%	<b>Protein</b>	0g
<b>Potassium</b>		80mg	2%		
Calories 120		Vitamin C 20%			
Calories From Fat 0					

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, calcium and iron.

**INGREDIENTS:** APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, SUGAR, ASCORBIC ACID (VITAMIN C), CINNAMON, NATURAL FLAVORS.

**NATURAL (UNSWEETENED)**




Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b>		0g	0%	<b>Total Carbohydrate</b>	14g <b>5%</b>
Saturated Fat		0g	0%	Dietary Fiber	1g <b>5%</b>
Trans Fat		0g		Soluble Fiber	1g
<b>Cholesterol</b>		0mg	0%	Sugars	12g
<b>Sodium</b>		0mg	0%	<b>Protein</b>	0g
<b>Potassium</b>		90mg	3%		
Calories 50		Vitamin C 20%			
Calories From Fat 0					

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, calcium and iron.

**INGREDIENTS:** APPLES, WATER, ASCORBIC ACID (VITAMIN C).

**SINGLE SERVE ORIGINAL**



Nutrition Facts		Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b>		0g	0%	<b>Total Carbohydrate</b>	24g <b>8%</b>
Saturated Fat		0g	0%	Dietary Fiber	1g <b>4%</b>
Trans Fat		0g		Soluble Fiber	1g
<b>Cholesterol</b>		0mg	0%	Sugars	22g
<b>Sodium</b>		0mg	0%	<b>Protein</b>	0g
<b>Potassium</b>		70mg	2%		
Calories 100		Vitamin C 20%			
Calories From Fat 0					

\* Percent Daily Values (DV) are based on a 2,000 calorie diet. Not a significant source of vitamin A, calcium and iron.

**INGREDIENTS:** APPLES, HIGH FRUCTOSE CORN SYRUP, WATER, ASCORBIC ACID (VITAMIN C).



Tip from  
**MyPyramid**

*Try apple sauce as a fat-free substitute for oil in recipes!*