



# MOTT'S PLUS APPLE SAUCE

## Introducing Mott's Plus Sauce

Mott's Plus Apple Sauce is a convenient snack formulated with important nutrients for which women often don't meet their daily requirements<sup>1</sup>. Naturally fat-, sodium- and cholesterol-free, Mott's Plus contains no artificial sweeteners. At 60 calories or less per serving and available in three great tasting flavors, Mott's Plus is a delicious, nutritious and convenient snack alternative at home or on-the-go.

## Beneficial Nutrients

Mott's Plus Harvest Apple flavor provides 10% of the Daily Value (DV) for calcium, a nutrient that helps maintain bone health. Each serving of the Pomegranate flavor provides 17 mg of the protective antioxidant vitamins C and E. The Cranberry Raspberry flavor has 3 grams of fiber. Fiber has many health benefits, like maintaining digestive health. All three flavors have 25% of the DV for vitamin C.

## Purse Perfect

Apple sauce in single serve cups is a great snack that women can carry wherever they go and eat on-the-run. The single serve containers can easily fit into a purse, diaper bag or lunch bag.

## Varieties

Available in six-packs of 3.9-ounce cups in Harvest Apple, Pomegranate and Cranberry Raspberry.

*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>2</sup>. MyPyramid recommends people choose a variety of fruits<sup>3</sup>. Mott's offers a number of products to help people of all ages meet their daily recommended fruit requirements.*

## REFERENCES

1. Dietary Guidelines for Americans 2005, Chapter 2: Adequate Nutrients Within Calorie Needs. Available at: <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter2.htm>
2. United States Department of Health & Human Services, 2005. Available at: <http://www.health.gov/dietaryguidelines>
3. United States Department of Agriculture, 2005. Available at: <http://mypyramid.gov>



## POMEGRANATE

### Nutrition Facts

Serving Size  
1 Container (111g)  
Servings 6  
Calories 50  
Calories From Fat 0

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: APPLES, WATER, FRUIT AND VEGETABLE JUICES FOR COLOR, ASCORBIC ACID (VITAMIN C), NATURAL FLAVORS, POMEGRANATE JUICE CONCENTRATE, VITAMIN E ACETATE, VITAMIN A PALMITATE.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 13g	<b>4%</b>
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Soluble Fiber 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Insoluble Fiber 0g	
<b>Sodium</b> 0mg	<b>0%</b>	Sugars 11g	
<b>Potassium</b> 70mg	<b>2%</b>	<b>Protein</b> 0g	
Vitamin A 10%		Vitamin C 25%	
		Vitamin E 10%	

Not a significant source of calcium and iron.



## HARVEST APPLE

### Nutrition Facts

Serving Size  
1 Container (111g)  
Servings 6  
Calories 50  
Calories From Fat 0

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: APPLES, WATER, CALCIUM LACTATE, CALCIUM GLUCONATE, ASCORBIC ACID (VITAMIN C).

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 13g	<b>4%</b>
Saturated Fat 0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g		Soluble Fiber 1g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Insoluble Fiber 0g	
<b>Sodium</b> 0mg	<b>0%</b>	Sugars 11g	
<b>Potassium</b> 70mg	<b>2%</b>	<b>Protein</b> 0g	
Vitamin C 25%		Calcium 10%	

Not a significant source of vitamin A and iron.



## CRANBERRY RASPBERRY

### Nutrition Facts

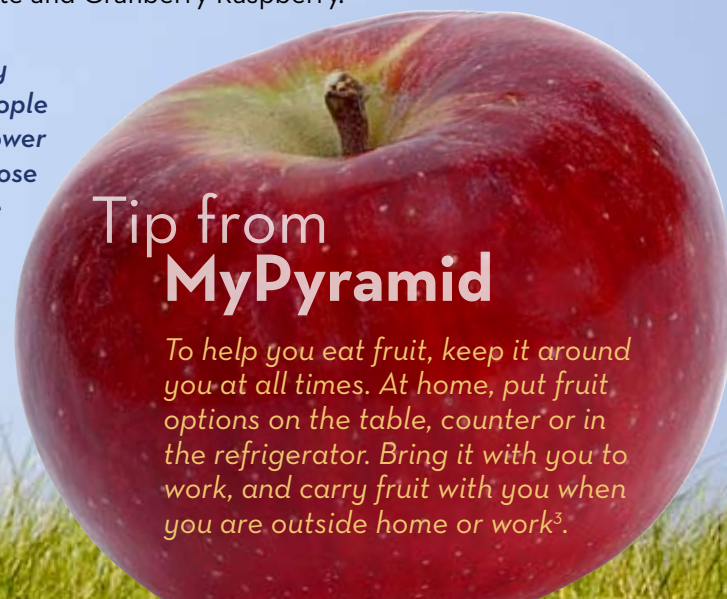
Serving Size  
1 Container (111g)  
Servings 6  
Calories 60  
Calories From Fat 0

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: APPLES, WATER, MALTODEXTRIN, APPLE PUREE CONCENTRATE, FRUIT AND VEGETABLE JUICES FOR COLOR, ASCORBIC ACID (VITAMIN C), NATURAL FLAVORS, CRANBERRY JUICE CONCENTRATE, RED RASPBERRY JUICE CONCENTRATE.

Amount/Serving	% DV*	Amount/Serving	% DV*
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 15g	<b>5%</b>
Saturated Fat 0g	0%	Dietary Fiber 3g	13%
Trans Fat 0g		Soluble Fiber 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Insoluble Fiber 0g	
<b>Sodium</b> 0mg	<b>0%</b>	Sugars 11g	
<b>Potassium</b> 80mg	<b>2%</b>	<b>Protein</b> 0g	
Vitamin C 25%			

Not a significant source of vitamin A, calcium and iron.



## Tip from MyPyramid

*To help you eat fruit, keep it around you at all times. At home, put fruit options on the table, counter or in the refrigerator. Bring it with you to work, and carry fruit with you when you are outside home or work<sup>3</sup>.*