



BlueRaspberry-Lemon SideKicks Item Number 2009

Nutrition Facts	
Serving Size 4.4 fl. oz. (127g) (130ml)	
Servings Per Container 1	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Sugars 19g**	0%
Protein 0g	
Vitamin A 20%	• Vitamin C 100%
Vitamin D 20%	• Calcium 8%
Iron 2%	
**Sugars are those naturally occurring in the fruit juices.	

Ingredients

Fruit Juice (White Grape and/or Pear Juice from Concentrate), Citric Acid, Natural and Artificial Flavors, Stabilizer (Xanthan Gum, Guar and/or Carob Bean Gum), Tricalcium Phosphate (for Calcium), Vitamin C, Salt, Turmeric (for Color), Vitamin A Palmitate, Blue 1, Vitamin D.

Product Formulation Statement for Documenting Fruit Credit

Product Name: SideKicks Mfr # 2009 BlueRaspberry-Lemon
 Manufacturer: Ridgefield's Serving Size: One portion cup (4.4 fl oz)

Fruit Component

Description of Creditable Ingredient per Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	Yield/Servings Per Unit	Creditable Amount (in quarter cups)
Juices, Frozen *	4.4 fl oz	X	4 fl oz / 1	2

Total Creditable Fruit Amount: ½ cup

I certify the above information is true and correct and that one 4.4 fl oz serving of the above product contains ½ cup fruit.

Thomas G. Kaplan February 17, 2014

Thomas G. Kaplan, President, 800-800-2269

*USDA guidance on frozen juice (SP10-2012, 8/7/13) states that meal contributions are based on the fluid volume of juice prior to freezing. SideKicks are 4 fl oz of juice prior to freezing. When frozen, the juice expands to 4.4 fl oz, as shown on the labels.

For à la carte, SideKicks meet the requirements of the USDA's Smart Snacks rule for all grades. Per serving they have no saturated fat, transfat, or any fat at all; they're 15% total sugar by weight; each serving has 45 mg sodium and 80 calories.