

## Why Sunsweet Foodservice Pitted Prunes in a Bag vs. a Can?

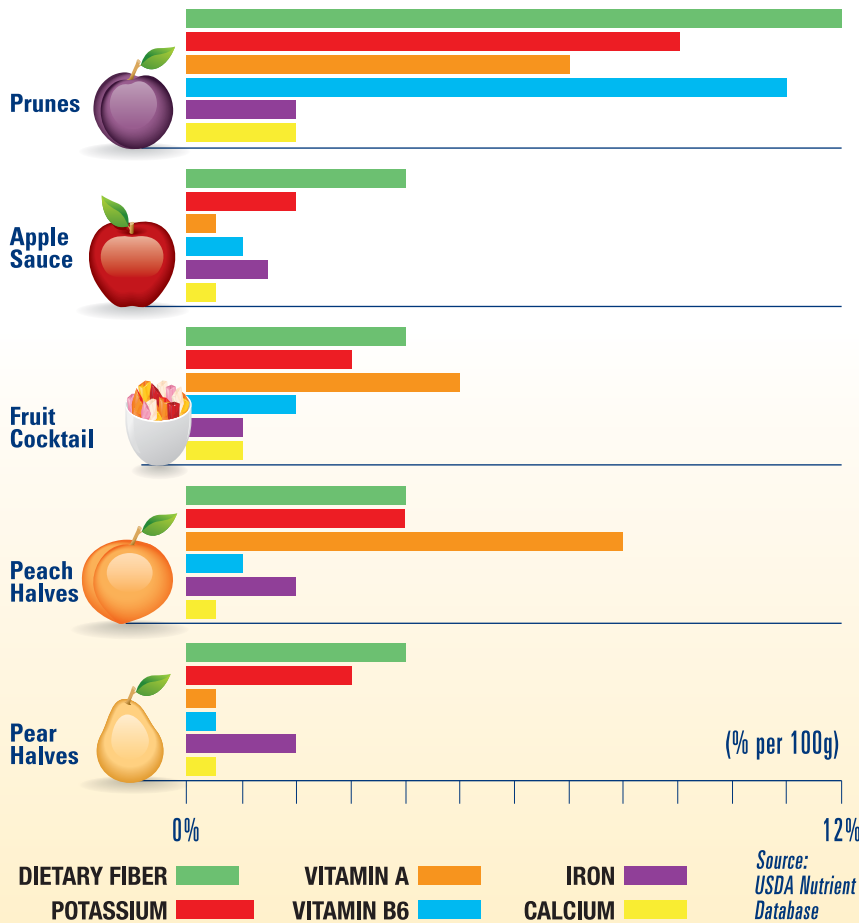


*Sunsweet Pitted Prunes in Water are an excellent choice to help your operation provide a high-nutrient fruit serving at a very competitive price point. With more nutrients per calorie and serving size than many other fruits, prunes are an ideal food choice.*

### What are the Advantages of Sunsweet Foodservice Bagged Canned Pitted Prunes?

- 1. How do the Prunes Taste? The Prunes are Steamed rather than Stewed so all of the sugars remain in the prune so it tastes like a prune. The texture is tender rather than mushy like the canned prunes because they are steamed to soften vs. stewed which results in an overly soft and mushy prune.*
- 2. How does the Nutrition Compare? By Steaming the Prunes vs. Stewing the Prunes all of the soluble Vitamins, Minerals and Sugars stay in the Prune vs. being leached out into the liquid and forming the syrup which is normally drained off.*
- 3. How do the Prunes compare in Appearance? Because the product is steamed it retains the Rich Dark Color of a Prune rather than the washed out brown look of stewed prunes. The product is not blown up with liquid so it does appear smaller but the prune is the same size as what we put in the cans.*
- 4. How many servings are their in a bag? Each bag contains approximately one half the number of prunes of a heavy pack can, 100/105 Prunes. Each case contains 6 bags. For operators that don't need to open a full can this is a real advantage.*
- 5. Will I reduce my Labor Costs? The bag is very easily opened by tearing along the easy tear opening. The bag does not have to be drained which is a real time savings for many. The bag will take up a fraction of the garbage that a can will. The wt. of the case is 14 lbs. or 28 lbs. for 2 cases. The combined wt. is about 40% less than of the wt. of a 6/10 case. It also takes up about 40% less storage space and far less trash.*
- 6. How do the Prunes compare in Cost? The cost of 2 cases is the same as a the Sunsweet 160/180 pitted in Water yet contains about 15% more servings or if a operator buys a Heavy Pack Case they can save as much as 10% or more.*

# Why serve Sunsweet Prunes vs. Other Canned Fruits?



**Fiber:** 4 Sunsweet Prunes contains 3 grams of Dietary Fiber per serving.

**Potassium:** Ounce for Ounce Sunsweet Prunes has more Potassium than Bananas. Each serving contains 290 mgs.

**Vitamins:** Just One Serving of Sunsweet Prunes gives you far more Vitamins and Minerals than a ½ cup serving of many canned fruits.

**Regularity:** Sunsweet Prunes are the All-Natural Solution to maintaining Regularity.

**Carbohydrates:** 4 Sunsweet Prunes provides about 26g of carbohydrates or 5% of the daily values.

**Calories:** Each Prune contains about 20 calories

## Sunsweet Foodservice Pack vs. Canned Prune Servings

Sunsweet Foodservice Prunes	Avg. Number of Prunes per package/can	4 Prune Serving	3 Prune Serving
95 - 110 ct. 1 Bag	<b>102</b>	<b>25</b>	<b>34</b>
95 - 110 ct. 2 Bags	<b>205</b>	<b>50</b>	<b>68</b>
Canned Prunes			
160 / 180 ct.	170	42	56
190 / 220 ct.	205	50	68



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