

# SweetWARE

## Nutrient Content Claims Report

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### Smoothie, Mixed Berry

Serving size: 1 cup (237mL)  
Servings per Container: 1

#### US 2016 Nutrient Content Claims

Group: Fruit and Fruit Juices (US, Can), fruit drink  
Age Group: US 2016 Adults and children 4 or older  
Reference Amount: 240 ml  
Show: All Eligible and Ineligible Claims, except Ineligible Vitamin/Mineral Claims

Claims	Target	Actual Value	Eligible?
low Calorie Reference:	40 kcal or less per RefAmt CFR Title 21 Part 101.60(b)(2)	146.23 kcal	no
sugar free Reference:	less than .5 g per RefAmt, and less than .5 g per Serving CFR Title 21 Part 101.60(c)(1)	17.686 g 17.435 g	no
no added sugar Alternate Claims: Conditions:	0 g without added sugar, no sugar added <ul style="list-style-type: none"> <li>• No amount of sugars is added during processing or packaging</li> <li>• Does not contain an ingredient containing added sugars</li> <li>• Sugar content has not been increased intentionally by some means such as the use of enzymes</li> <li>• The food that it resembles and for which it substitutes normally contains added sugar</li> <li>• Must say that the food is not "low calorie" or "reduced calorie" (unless the food is low calorie or reduced calorie), and directs the consumers' attention to the nutrition panel</li> </ul>	0 g	<b>Yes</b>
Reference:	CFR Title 21 Part 101.60(c)(2)		
low sodium Alternate Claims:	less than 140 mg per RefAmt low in sodium, little sodium, contains a small amount of sodium, low source of sodium	60.592 mg	<b>Yes</b>
Conditions:	<ul style="list-style-type: none"> <li>• If no processing is required to meet the target, must be labeled to clearly refer to all foods of its type and not merely to the particular brand, (e.g. "fresh spinach, a low sodium food")</li> </ul>		
Reference:	CFR Title 21 Part 101.61(b)(4)		
low fat Alternate Claims: Conditions:	3 g or less per RefAmt low in fat, little fat, contains a small amount of fat, low source of fat, little fat <ul style="list-style-type: none"> <li>• If no processing is required to meet the target, must be labeled to clearly refer to all foods of its type and not merely to the particular brand, (e.g. "frozen perch, a low fat food")</li> </ul>	2.087 g	<b>Yes</b>
Reference:	CFR Title 21 Part 101.62(b)(2)		
low saturated fat	less than 1 g per RefAmt, and less than 15% calories from saturated fat	1.091 g 6.7%	no

Claims	Target	Actual Value	Eligible?
Reference:	CFR Title 21 Part 101.62(c)(2)		
low cholesterol	20 mg or less per RefAmt, and 2 g or less Saturated Fat per RefAmt	8.146 g 1.091 g	<b>Yes</b>
Alternate Claims:	low in cholesterol, contains a small amount of cholesterol, low source of cholesterol, little cholesterol		
Notes:	<ul style="list-style-type: none"> <li>Cholesterol Actual Value listed is the maximum of Value per Serving Size or Value per Reference Amount</li> <li>Applies when the product has 13 g or less total fat per reference amount and per serving</li> </ul>		
Conditions:	<ul style="list-style-type: none"> <li>If no processing is required to meet the target, must be labeled to clearly refer to all foods of its type and not merely to the particular brand, (e.g. "low fat cottage cheese, a low cholesterol food")</li> </ul>		
Reference:	CFR Title 21 Part 101.62(d)(1)(i)		
good source of Vitamin A	10% or more up to 20% of the Daily Value Daily Value for Vitamin A is 900 µg RAE	10.1% 90.462 µg RAE	<b>Yes</b>
Alternate Claims:	contains Vitamin A, provides Vitamin A		
Reference:	CFR Title 21 Part 101.54(b)(1)		
high Riboflavin	20% or more of the Daily Value Daily Value for Riboflavin is 1.3 mg	25.2% 0.328 mg	<b>Yes</b>
Alternate Claims:	rich in Riboflavin, excellent source of Riboflavin		
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Niacin	10% or more up to 20% of the Daily Value Daily Value for Niacin is 16 mg NE	11.5% 1.845 mg NE	<b>Yes</b>
Alternate Claims:	contains Niacin, provides Niacin		
Notes:	<ul style="list-style-type: none"> <li>Niacin Equivalents (NE) = niacin + tryptophan/60, expressed in milligrams</li> </ul>		
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Vitamin B6	10% or more up to 20% of the Daily Value Daily Value for Vitamin B6 is 1.7 mg	15.2% 0.258 mg	<b>Yes</b>
Alternate Claims:	contains Vitamin B6, provides Vitamin B6		
Reference:	CFR Title 21 Part 101.54(b)(1)		
high Vitamin B12	20% or more of the Daily Value Daily Value for Vitamin B12 is 2.4 µg	27.5% 0.661 µg	<b>Yes</b>
Alternate Claims:	rich in Vitamin B12, excellent source of Vitamin B12		
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Pantothenic Acid	10% or more up to 20% of the Daily Value Daily Value for Pantothenic Acid is 5 mg	16.8% 0.838 mg	<b>Yes</b>
Alternate Claims:	contains Pantothenic Acid, provides Pantothenic Acid		
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Vitamin C	10% or more up to 20% of the Daily Value Daily Value for Vitamin C is 90 mg	19.1% 17.182 mg	<b>Yes</b>
Alternate Claims:	contains Vitamin C, provides Vitamin C		
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Calcium	10% or more up to 20% of the Daily Value Daily Value for Calcium is 1300 mg	14.2% 184.096 mg	<b>Yes</b>
Alternate Claims:	contains Calcium, provides Calcium		

Claims	Target	Actual Value	Eligible?
Reference:	CFR Title 21 Part 101.54(b)(1)		
good source of Copper	10% or more up to 20% of the Daily Value Daily Value for Copper is 0.9 mg	11.6% 0.105 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Copper, provides Copper CFR Title 21 Part 101.54(b)(1)		
high Manganese	20% or more of the Daily Value Daily Value for Manganese is 2.3 mg	21.4% 0.492 mg	<b>Yes</b>
Alternate Claims: Reference:	rich in Manganese, excellent source of Manganese CFR Title 21 Part 101.54(b)(1)		
good source of Phosphorus	10% or more up to 20% of the Daily Value Daily Value for Phosphorus is 1250 mg	13.2% 165.506 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Phosphorus, provides Phosphorus CFR Title 21 Part 101.54(b)(1)		
good source of Selenium	10% or more up to 20% of the Daily Value Daily Value for Selenium is 55 µg	13% 7.158 µg	<b>Yes</b>
Alternate Claims: Reference:	contains Selenium, provides Selenium CFR Title 21 Part 101.54(b)(1)		
good source of Fiber	10% or more up to 20% of the Daily Value Daily Value for Fiber is 28 g	15.8% 4.414 g	<b>Yes</b>
Alternate Claims: Reference:	contains Fiber, provides Fiber CFR Title 21 Part 101.54(d)		

**Canada 2016 Nutrient Content Claims**

Group:	Fruit and Fruit Juices (US, Can), fruit drink
Age Group:	Canada 2016 Persons 4 years of age or older
Reference Amount:	250 ml
Show:	All Eligible and Ineligible Claims, except Ineligible Vitamin/Mineral Claims

Claims	Target	Actual Value	Eligible?
source of energy	100 kcal (420 kJ) or more per RefAmt, and 100 kcal (420 kJ) or more per Serving	152.323 kcal 144.152 kcal	<b>Yes</b>
Alternate Claims: Reference:	contains energy, provides energy, source of Calories, contains Calories, provides Calories FDR Table following B.01.513(2), Item 5		
low in protein	Less than 1 g Protein per 100 g	2.871 g	no
Reference:	FDR Table following B.01.513(2), Item 7		
low in fat	3 g or less per RefAmt, and 3 g or less per Serving	2.174 g 2.058 g	<b>Yes</b>
Alternate Claims: Reference:	low fat, low source of fat, little fat, contains only _ grams of fat, contains less than _ grams of fat per serving FDR Table following B.01.513(2), Item 12		
low in saturated fatty acids	2 g or less per RefAmt and per Serving, and 15% or less calories from saturated fat plus trans fat	1.151 g 6.8%	<b>Yes</b>
Alternate Claims:	low saturated fatty acids, low source of saturated fatty acids, little saturated fatty acids, contains only _ grams of saturated fatty acids per serving, contains		

Claims	Target	Actual Value	Eligible?
	less than _ grams of saturated fatty acids per serving, low saturated fat, low in saturated fat, low source of saturated fat, little saturated fat, contains only _ grams of saturated fat per serving, contains less than _ grams of saturated fat per serving, low saturates, low in saturates, low source of saturates, little saturates, contains only _ grams of saturates per serving, contains less than _ grams of saturates per serving		
Notes:	• Actual Value listed is the maximum of Value per Reference Amount and Value per Serving Size		
Reference:	FDR Table following B.01.513(2), Item 19		
free of trans fatty acids	Less than .2 g per RefAmt, and Less than .2 g per Serving	0.014 g 0.013 g	Yes
Alternate Claims:	trans fatty acids-free, no trans fatty acids, 0 trans fatty acids, zero trans fatty acids, without trans fatty acids, contains no trans fatty acids, trans fat-free, free of trans fat, no trans fat, 0 trans fat, zero trans fat, without trans fat, contains no trans fat, trans-free, free of trans, no trans, 0 trans, zero trans, without trans		
Conditions:	• Must also meet the conditions for low in saturated fat		
Reference:	FDR Table following B.01.513(2), Item 22		
source of omega-3	.3 g or more per RefAmt, and .3 g or more per Serving	0.007 g 0.006 g	no
Reference:	FDR Table following B.01.513(2), Item 25		
source of omega-6	.3 g or more per RefAmt, and .3 g or more per Serving	0.204 g 0.193 g	no
Reference:	FDR Table following B.01.513(2), Item 26		
low in cholesterol	20 mg or less per RefAmt, and 20 mg or less per Serving	8.486 mg 8.03 mg	Yes
Alternate Claims:	low cholesterol, low source of cholesterol, little cholesterol, contains only _ of cholesterol, contains less than _ of cholesterol		
Conditions:	• Must also meet the conditions for low in saturated fat		
Reference:	FDR Table following B.01.513(2), Item 28		
low in sodium	140 mg or less per RefAmt, and 140 mg or less per Serving	63.117 mg 59.731 mg	Yes
Alternate Claims:	low sodium, low source of sodium, little sodium, contains only _ of sodium, contains less than _ of sodium, low salt, low in salt, low source of salt, little salt, contains only _ of salt, contains less than _ of salt		
Reference:	FDR Table following B.01.513(2), Item 32		
free of sugars	Less than .5 g per RefAmt, and Less than .5 g per Serving	18.423 g 17.435 g	no
Reference:	FDR Table following B.01.513(2), Item 37		
very high source of fibre	6 g or more per RefAmt, and 6 g or more per Serving	18.423 g 17.435 g	Yes
Alternate Claims:	very high fibre, very high in fibre, fibre rich, rich in fibre, very high source of (naming the fibre), very high (naming the fibre), very high in (naming the fibre), (naming the fibre) rich, rich in (naming the fibre), very high source of (naming the fibre source), very high (naming the fibre source), very high in (naming the fibre source), (naming the fibre source) rich, rich in (naming the fibre source), very high source of dietary fibre, very high dietary fibre, very high in dietary fibre, dietary fibre rich, rich in dietary fibre		

Claims	Target	Actual Value	Eligible?
Conditions:	• If the claim names specific fibres or fibre sources, must meet the target for each named fibre or fibre source		
Reference:	FDR Table following B.01.513(2), Item 43		
source of potassium Alternate Claims: Reference:	235 mg or more per Serving contains potassium CFIA Potassium claims	448.701 mg	<b>Yes</b>
source of Vitamin A Alternate Claims: Reference:	5% or more of the Daily Value Daily Value for Vitamin A is 900 µg RAE contains Vitamin A CFIA Vitamin and Mineral Nutrient Content Claims	10.1% 90.462 µg RAE	<b>Yes</b>
source of Thiamin Alternate Claims: Reference:	5% or more of the Daily Value Daily Value for Thiamin is 1.2 mg contains Thiamin CFIA Vitamin and Mineral Nutrient Content Claims	6% 0.072 mg	<b>Yes</b>
excellent source of Riboflavin Alternate Claims: Reference:	25% or more of the Daily Value Daily Value for Riboflavin is 1.3 mg very high in Riboflavin, rich in Riboflavin, a valuable source of Riboflavin, very good source of Riboflavin CFIA Vitamin and Mineral Nutrient Content Claims	25.2% 0.328 mg	<b>Yes</b>
source of Niacin Alternate Claims: Notes: Reference:	5% or more of the Daily Value Daily Value for Niacin is 16 mg NE contains Niacin • Niacin Equivalents (NE) = niacin + tryptophan/60, expressed in milligrams CFIA Vitamin and Mineral Nutrient Content Claims	11.5% 1.845 mg NE	<b>Yes</b>
good source of Vitamin B6 Alternate Claims: Reference:	15% or more of the Daily Value Daily Value for Vitamin B6 is 1.7 mg high in Vitamin B6 CFIA Vitamin and Mineral Nutrient Content Claims	15.2% 0.258 mg	<b>Yes</b>
excellent source of Vitamin B12 Alternate Claims: Reference:	25% or more of the Daily Value Daily Value for Vitamin B12 is 2.4 µg very high in Vitamin B12, rich in Vitamin B12, a valuable source of Vitamin B12, very good source of Vitamin B12 CFIA Vitamin and Mineral Nutrient Content Claims	27.5% 0.661 µg	<b>Yes</b>
source of Choline Alternate Claims: Reference:	5% or more of the Daily Value Daily Value for Choline is 550 mg contains Choline CFIA Vitamin and Mineral Nutrient Content Claims	6.4% 34.952 mg	<b>Yes</b>
source of Folate Alternate Claims: Notes: Reference:	5% or more of the Daily Value Daily Value for Folate is 400 µg DFE contains Folate • Dietary Folate Equivalents (DFE) = food folate + 1.7 x folic acid CFIA Vitamin and Mineral Nutrient Content Claims	6.8% 27.325 µg DFE	<b>Yes</b>
good source of Pantothenic Acid	15% or more of the Daily Value Daily Value for Pantothenic Acid is 5 mg	16.8% 0.838 mg	<b>Yes</b>

Claims	Target	Actual Value	Eligible?
Alternate Claims: Reference:	high in Pantothenic Acid CFIA Vitamin and Mineral Nutrient Content Claims		
source of Vitamin C	5% or more of the Daily Value Daily Value for Vitamin C is 90 mg	19.1% 17.182 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Vitamin C CFIA Vitamin and Mineral Nutrient Content Claims		
source of Vitamin D	5% or more of the Daily Value Daily Value for Vitamin D is 20 µg	6.9% 1.389 µg	<b>Yes</b>
Alternate Claims: Reference:	contains Vitamin D CFIA Vitamin and Mineral Nutrient Content Claims		
source of Vitamin K	5% or more of the Daily Value Daily Value for Vitamin K is 120 µg	8.4% 10.048 µg	<b>Yes</b>
Alternate Claims: Reference:	contains Vitamin K CFIA Vitamin and Mineral Nutrient Content Claims		
source of Calcium	5% or more of the Daily Value Daily Value for Calcium is 1300 mg	14.2% 184.096 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Calcium CFIA Vitamin and Mineral Nutrient Content Claims		
source of Copper	5% or more of the Daily Value Daily Value for Copper is 0.9 mg	11.6% 0.105 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Copper CFIA Vitamin and Mineral Nutrient Content Claims		
source of Magnesium	5% or more of the Daily Value Daily Value for Magnesium is 420 mg	8.9% 37.555 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Magnesium CFIA Vitamin and Mineral Nutrient Content Claims		
good source of Manganese	15% or more of the Daily Value Daily Value for Manganese is 2.3 mg	21.4% 0.492 mg	<b>Yes</b>
Alternate Claims: Reference:	high in Manganese CFIA Vitamin and Mineral Nutrient Content Claims		
source of Phosphorus	5% or more of the Daily Value Daily Value for Phosphorus is 1250 mg	13.2% 165.506 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Phosphorus CFIA Vitamin and Mineral Nutrient Content Claims		
source of Selenium	5% or more of the Daily Value Daily Value for Selenium is 55 µg	13% 7.158 µg	<b>Yes</b>
Alternate Claims: Reference:	contains Selenium CFIA Vitamin and Mineral Nutrient Content Claims		
source of Zinc	5% or more of the Daily Value Daily Value for Zinc is 11 mg	8.2% 0.9 mg	<b>Yes</b>
Alternate Claims: Reference:	contains Zinc CFIA Vitamin and Mineral Nutrient Content Claims		