



**Tropical Foods
Fiber First Spec Sheet
Effective February 16, 2010**

BRAND	ITEM #	PRODUCT DESCRIPTION	CASE PACK	Size (LB)	12 Digit Unit UPC
Tropical	100930	Fiber First	1	25	0 94184 11003 7

VENDOR		Case Specs	
Tropical Foods 1100 Continental Blvd Charlotte, NC 28273 Corporate Phone: (800) 437-4470 Corporate Fax: (704) 588-3092		www.tropicalfoods.com	
Product Handling DO NOT Double Stack Pallets in Truck Store product in dry, cool conditions below 75°		Case Pack	25 lb bulk
		Net Product Weight	25 lb
Kosher NO Natural NO Organic NO		Case Weight	25.9 lb
		Case Dimensions	15.5" L x 11.5"W x 7.5" H
Allergens Manufactured in a facility that uses peanuts, tree nuts, milk, soy and wheat products. Contains peanuts and tree nuts.		Unit Dimensions	N/A
		Case Cube	0.774
		Vendor Bill Unit	Case
		Cases per Pallet	60
		Pallet Configuration (Ti X Hi)	10 x 6
		Product Handling	Below 75°
		Shelf Life	180 days

Nutrition Facts	
Serving Size 1/3 Cup (30g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	20%
Sugars 13g	
Protein 3g	
Vitamin A 10%	Vitamin C 0%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Apricots, Peanuts, Raisins, Pineapple, Dates, Almonds, Walnuts, Peanut Oil, Sulfur Dioxide, Sugar. Contains Tree Nuts and Peanuts.

