



Fruit Bowls®

A convenient, portable & delicious way to enjoy fruit.



*no genetically modified (or engineered) ingredients



Features & Benefits

- Appetite-appealing Graphics
- Premium Quality
- Perfect Any Time of the Day
- Excellent Source of Vitamin C
- Shelf Stable, No Refrigeration Required
- Perfect On-the-Go Snack for Health Conscious Consumers
- Marked with "Best By" Date



GREAT PRODUCTS
to choose from!

Fruit in 100% Fruit Juice

Satisfying On-the-Go Snack



- **Seven 4 oz. varieties**
Cherry Mixed Fruit, Mixed Fruit, Tropical Fruit, Diced Peaches, Mandarin Oranges, Pineapple Tidbits & Diced Pears
- **Four 7 oz. varieties include fork**
Mixed Fruit, Tropical Fruit, Sliced Peaches & Mandarin Oranges

Fruit Parfait

Indulgent Layers of Real Fruit & Delicious Crème



- **One 4.3 oz. variety**
Peaches & Crème
- **One 7 oz. variety includes fork**
Pineapple & Crème

Fruit in Gel

Refreshing Taste of Real Fruit in Flavorful Gel



- **Two 4.3 oz. varieties**
Mandarins in Orange Gel & Peaches in Strawberry Gel
- **One 7 oz. variety includes fork**
Mixed Fruit in Black Cherry Gel

DOLE® Fruit Bowls® - On the Go Snacking Never Tasted So Good!

Nutritional Information

Fork Included	Kosher Status	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Potassium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	Vitamin A % DV*		Vitamin C % DV*		Calcium % DV*		Iron % DV*		
													1	2	1	2	1	2			
DOLE® FRUIT BOWLS® IN 100% FRUIT JUICE, 4 OZ.																					
	U	113	80	0	0	0	5	115	19	1	18	<1	2	45	0	2					
Cherry Mixed Fruit in 100% Fruit Juice White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Cherries (Red #3 Color), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	113	90	0	0	0	5	115	22	2	18	<1	0	45	0	0					
Diced Pears in 100% Fruit Juice Pears, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), Natural Flavors, and Citric Acid.																					
	U	113	80	0	0	0	5	180	19	1	18	<1	4	45	0	2					
Diced Peaches in 100% Fruit Juice Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	113	90	0	0	0	5	160	22	1	18	<1	8	45	4	0					
Mandarin Oranges in 100% Fruit Juice Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	113	80	0	0	0	5	130	19	1	18	<1	0	45	0	0					
Mixed Fruit in 100% Fruit Juice White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	113	60	0	0	0	0	135	15	1	14	<1	0	50	0	2					
Pineapple Tidbits in 100% Pineapple Juice Pineapple, Pineapple Juice, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	113	80	0	0	0	10	150	19	1	18	<1	8	45	0	0					
Tropical Fruit in 100% Fruit Juice White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Papaya (Red and Yellow), Pineapple, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavor, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
DOLE® FRUIT PARFAIT, 4.3 OZ.																					
		123	110	2	2	0	10	55	24	<1	19	0	4	25	0	0					
Peaches & Crème Peaches, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural and Artificial Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (a Milk Derivative), Citric Acid, Ascorbic Acid (To Promote Color Retention), Carrageenan, Beta Carotene (Color), and Locust Bean Gum.																					
DOLE® FRUIT IN GEL, 4.3 OZ.																					
	U	123	90	0	0	0	55	30	24	<1	22	0	6	25	0	0					
Mandarins in Orange Gel Water, Mandarin Oranges, Sugar, Carrageenan, Natural and Artificial Flavors, Sodium Citrate, Locust Bean Gum, Fumaric Acid, Calcium Lactate, Malic Acid, Ascorbic Acid (To Promote Color Retention), and FD&C Yellow #6 (Color).																					
		123	90	0	0	0	30	65	24	1	22	0	2	30	0	0					
Peaches in Strawberry Gel Water, Peaches, Sugar, Carrageenan, Natural and Artificial Flavors, Locust Bean Gum, Cochineal Extract (Color), Malic Acid, Fumaric Acid, Sodium Citrate, Potassium Citrate and Ascorbic Acid (To Promote Color Retention).																					
DOLE® FRUIT BOWLS® IN 100% FRUIT JUICE, 7 OZ.																					
	U	198	140	0	0	0	15	140	34	1	32	<1	15	80	0	4					
Mandarin Oranges in 100% Fruit Juice Mandarin Oranges, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	198	140	0	0	0	10	180	34	2	32	1	4	80	0	2					
Mixed Fruit in 100% Fruit Juice White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Pineapple, Peaches, Pears, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	198	140	0	0	0	10	300	34	2	32	2	6	80	2	4					
Sliced Peaches in 100% Fruit Juice Peaches, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
	U	198	140	0	0	0	10	270	34	2	32	1	15	80	4	2					
Tropical Fruit in 100% Fruit Juice White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Papaya (Yellow and Red), Pineapple, Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Natural Flavor, Ascorbic Acid (To Promote Color Retention), and Citric Acid.																					
DOLE® FRUIT PARFAITS, 7 OZ.																					
		198	190	3.5	3	0	15	95	38	<1	32	<1	6	45	0	2					
Pineapple & Crème Pineapple, Water, Sugar, Modified Food Starch, Coconut Powder, Glucose Syrup, Palm Oil, Natural and Artificial Flavors, Hydrogenated Soy Bean Oil, Phosphoric Acid, Casein (a Milk Derivative), Ascorbic Acid (To Promote Color Retention), Citric Acid, Carrageenan, Beta Carotene (Color), and Locust Bean Gum.																					
DOLE® FRUIT IN GEL, 7 OZ.																					
		198	150	0	0	0	45	105	38	2	36	0	0	45	0	0					
Mixed Fruit in Black Cherry Gel Water, Fruit (Peaches, Pears, Pineapple), Sugar, Carrageenan, Malic Acid, Cochineal Extract (Color), Locust Bean Gum, Fumaric Acid, Natural and Artificial Flavors, Sodium Citrate, Potassium Citrate, Caramel Color, and Ascorbic Acid (To Promote Color Retention).																					

*Percent Daily Values are based on a 2,000 calorie diet.

Specifications

	Case UPC	Pack/Size	Case Dimensions (L" x W" x H")	Case Weight		Case Cube (ft)	Per Case Pallet
				Net (lb)	Gross (lb)		
DOLE® FRUIT BOWLS® IN 100% FRUIT JUICE, 4 OZ.							
Cherry Mixed Fruit in 100% Fruit Juice	100-38900-02062-7	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Diced Pears in 100% Fruit Juice	100-38900-03019-0	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Diced Peaches in 100% Fruit Juice	100-38900-03073-2	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Mandarin Oranges in 100% Fruit Juice	100-38900-04208-7	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Mixed Fruit in 100% Fruit Juice	100-38900-03065-7	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Pineapple Tidbits in 100% Pineapple Juice	100-38900-00419-1	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
Tropical Fruit in 100% Fruit Juice	100-38900-03048-0	36/4 oz.	12.813 x 9.688 x 6.375"	9.0	10.85	.4579	105
DOLE® FRUIT PARFAITS, 4.3 OZ.							
Peaches & Crème	100-38900-03140-1	36/4.3 oz.	12.813 x 9.688 x 6.375"	9.68	12.00	.4579	105
DOLE® FRUIT IN GEL, 4.3 OZ.							
Mandarins in Orange Gel	100-38900-03054-1	36/4.3 oz.	12.813 x 9.688 x 6.375"	9.68	12.24	.4579	105
Peaches in Strawberry Gel	100-38900-03053-4	36/4.3 oz.	12.813 x 9.688 x 6.375"	9.68	12.24	.4579	105
DOLE® FRUIT BOWLS® IN 100% FRUIT JUICE, 7 OZ.							
Mandarin Oranges in 100% Fruit Juice	100-38900-74206-2	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.28	.2239	175
Mixed Fruit in 100% Fruit Juice	100-38900-71924-8	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.28	.2239	175
Sliced Peaches in 100% Fruit Juice	100-38900-71966-8	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.28	.2239	175
Tropical Fruit in 100% Fruit Juice	100-38900-79088-9	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.28	.2239	175
DOLE® FRUIT PARFAITS, 7 OZ.							
Pineapple & Crème	100-38900-71926-2	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.56	.2239	175
DOLE® FRUIT IN GEL, 7 OZ.							
Mixed Fruit in Black Cherry Gel	100-38900-71971-2	12/7 oz.	9.650 x 6.929 x 5.787"	5.25	6.56	.2239	175



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