

NUTRITIONAL INFORMATION

DOLE PINEAPPLE (JUICE PACK)	Case Code	Serving Size 1/2 Cup	Total Calories	Total Fat	Sat. Fat	Sodium	Potassium	Carbs.	Fiber	Sugars	Added Sugars	Protein	Vit. A*	Vit. C*	Iron*	Calcium*
Fancy Slices in Juice	100-38900-01143-4	114g	60	0g	0g	0mg	140mg	15g	1g	14g	0g	<1g	0%	20%	0%	0%
Fancy Chunks in Juice	100-38900-01473-2	122g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	0%	20%	0%	0%
Fancy Tidbits in Juice	100-38900-01513-5	122g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	0%	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Clarified Pineapple Juice Concentrate, and Citric Acid.																
Fancy Crushed in Juice	100-38900-01613-2	122g	80	0g	0g	0mg	130mg	18g	1g	15g	0g	1g	0%	6%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, and Citric Acid.																
Choice Slices in Juice	100-38900-00255-5	140g	80	0g	0g	0mg	170mg	18g	1g	17g	0g	0g	0%	20%	2%	0%
Fancy Chunks in Juice	100-38900-00468-9	122g	70	0g	0g	0mg	150mg	16g	1g	15g	0g	<1g	0%	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate																
Choice Tidbits in Juice	100-38900-00553-2	122g	70	0g	0g	0mg	140mg	16g	1g	15g	0g	<1g	0%	20%	2%	0%
INGREDIENTS: Pineapple, Pineapple Juice, Clarified Pineapple Juice Concentrate, and Citric Acid.																
Fine Cut Crushed in Juice	100-38900-00715-4	122g	80	0g	0g	0mg	130mg	18g	1g	15g	0g	1g	0%	6%	2%	0%
Coarse Cut Crushed in Juice	100-38900-00765-9	122g	80	0g	0g	0mg	130mg	18g	1g	15g	0g	1g	0%	6%	2%	0%
INGREDIENTS: Pineapple and Pineapple Juice.																
Aspiric Fine Cut Crushed in Juice	100-38900-80716-7	100g	60	0g	0g	0mg	110mg	13g	1g	12g	0g	<1g	0%	20%	0%	0%
Aspiric Coarse Cut Crushed in Juice	100-38900-80766-2	100g	60	0g	0g	0mg	110mg	13g	1g	12g	0g	<1g	0%	20%	0%	0%
INGREDIENTS: Crushed Pineapple, Citric Acid, and Ascorbic Acid (Vitamin C) To Promote Color Retention.																
DOLE PINEAPPLE (SYRUP PACK)																
Fancy Slices in Heavy Syrup	100-38900-01102-1	117g	100	0g	0g	0mg	0mg	25g	1g	23g	13g	0g	0%	20%	0%	0%
Fancy Chunks in Heavy Syrup	100-38900-01462-6	123g	110	0g	0g	0mg	90mg	26g	1g	25g	13g	0g	0%	20%	0%	0%
Fancy Tidbits in Heavy Syrup	100-38900-11602-3	123g	110	0g	0g	0mg	120mg	26g	2g	25g	10g	<1g	0%	25%	0%	0%
Pineapple Pizza Tidbits in Light Syrup	100-38900-77507-7	122g	90	0g	0g	0mg	110mg	21g	1g	20g	7g	<1g	0%	20%	0%	0%
Choice Slices in Heavy Syrup	100-38900-00235-7	140g	120	0g	0g	0mg	100mg	29g	1g	28g	16g	<1g	0%	20%	0%	0%
Thin Slices in Light Syrup	100-38900-00270-8	140g	100	0g	0g	0mg	100mg	24g	1g	22g	13g	0g	0%	20%	0%	0%
Fancy Chunks in Heavy Syrup	100-38900-00465-8	123g	110	0g	0g	0mg	26g	1g	25g	13g	0g	0%	20%	0%	0%	0%
Choice Tidbits in Light Syrup	100-38900-00592-1	123g	90	0g	0g	0mg	100mg	21g	1g	20g	7g	<1g	0%	20%	0%	0%
Fancy Tidbits in Heavy Syrup	100-38900-00535-8	123g	110	0g	0g	0mg	100mg	26g	1g	25g	12g	0g	0%	20%	0%	0%
Choice Cubes in Light Syrup	100-38900-00395-8	123g	90	0g	0g	0mg	110mg	21g	1g	20g	7g	<1g	0%	20%	0%	0%
INGREDIENTS: Pineapple, Water, Sugar, and Citric Acid.																
Fancy Coarse Cut Crushed in Extra Heavy Syrup (32° B)	100-38900-00625-6	123g	170	0g	0g	0mg	0mg	42g	1g	41g	30g	0g	0%	20%	0%	0%
INGREDIENTS: Pineapple, Sugar, Water, and Citric Acid.																
DOLE MIXED TROPICAL FRUIT TIDBITS																
NEW - Tidbits in Juice	100-38900-09061-6	122g	70	0g	0g	0mg	170mg	16g	1g	15g	0g	<1g	0%	30%	0%	0%
INGREDIENTS: Papaya (Red and Yellow), Pineapple, Pineapple Juice, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), and Citric Acid.																
DOLE TROPICAL FRUIT SALAD																
In Light Syrup and Passion Fruit Juice	100-38900-09082-8	123g	90	0g	0g	0mg	170mg	22g	2g	20g	11g	<1g	2%	40%	0%	0%
INGREDIENTS: Pineapple, Papaya (Red and Yellow), Water, Guava, Sugar, Passion Fruit Juice from Concentrate (Water, Passion Fruit Juice Concentrate), and Citric Acid.																
In Juice	100-38900-09060-6	122g	70	0g	0g	0mg	190mg	17g	2g	14g	0g	<1g	2%	40%	0%	0%
INGREDIENTS: Pineapple, Papaya (Red and Yellow), Pineapple Juice, Guava, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), and Citric Acid.																
DOLE MANDARIN ORANGES																
Segments in Juice	100-38900-04222-3	122g	80	0g	0g	5mg	120mg	18g	1g	16g	0g	<1g	2%	10%	0%	2%
INGREDIENTS: Mandarin Oranges, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), and Citric Acid.																
Segments in Light Syrup	100-38900-04218-6	123g	100	0g	0g	0mg	110mg	24g	1g	20g	15g	<1g	0%	8%	0%	2%
INGREDIENTS: Mandarin Oranges, Water, Sugar, and Citric Acid.																
DOLE POUCH PACK PRODUCTS																
Tropical Gold® Pineapple Premium Cut In Extra Light Syrup	100-38900-01441-1	123g	70	0g	0g	0mg	140mg	18g	1g	15g	2g	<1g	0%	40%	0%	0%
INGREDIENTS: Pineapple, Water, Sugar, Citric Acid, and Ascorbic Acid (Vitamin C) To Promote Color Retention.																
Pineapple Tidbits in Light Syrup	100-38900-00567-9	123g	90	0g	0g	0mg	120mg	21g	1g	20g	6g	<1g	0%	40%	0%	0%
INGREDIENTS: Pineapple Tidbits, Water, Sugar, Citric Acid, Ascorbic Acid (Vitamin C) To Promote Color Retention.																
Tropical Fruit Salad in Light Syrup	100-38900-09097-2	122g	70	0g	0g	0mg	200mg	16g	2g	14g	<1g	<1g	0%	30%	0%	0%
INGREDIENTS: Pineapple, Papaya, Pineapple Juice, Guava, White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Ascorbic Acid (Vitamin C) To Promote Color Retention.																

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



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SPECIFICATIONS

Pack Size	Total oz.	Drained Wt. (Fruit)	Case Dimensions Length x Width x Height	Case Weight (lbs.)	Case Cube (ft.)	Cases Per Pallet
12/20oz.	20	10 slices	13.750 x 10.250 x 4.625"	18	0.377	126
12/20oz.	20	12oz.	13.750 x 10.250 x 4.625"	18	0.377	126
12/20oz.	20	12oz.	13.750 x 10.250 x 4.625"	18	0.377	126
12/20 oz.	20	12.6oz.	13.750 x 10.250 x 4.625"	18	0.377	126
6/10#	107	5lb. 8oz.	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	107	5lb. 8oz.	18.500 x 12.500 x 7.000"	46	0.937	48
50lb.	-	-	13.000 x 19.000 x 7.000"	54	1.000	42
50lb.	-	-	13.000 x 19.000 x 7.000"	54	1.000	42
12/20 oz.	20	10 slices	13.750 x 10.250 x 4.625"	18	0.377	126
12/20 oz.	20	12oz.	13.750 x 10.250 x 4.625"	18	0.377	126
12/20 oz.	20	12.6oz.	13.750 x 10.250 x 4.625"	18	0.377	126
12/29 oz.	29	1lb. 3oz.	16.000 x 12.190 x 4.750"	26.5	0.536	80
6/10#	108	66 slices	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	107	90 slices	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	108	4lb. 2oz.	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	106	4lb. 4oz.	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	108	4lb. 7oz.	18.500 x 12.500 x 7.000"	48	0.937	48
6/10#	106	4lb. 2oz.	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	112	5lb. 12oz.	18.500 x 12.500 x 7.000"	46	0.937	48
6/10#	106	4lb. 1oz.	18.500 x 12.500 x 7.000"	46	0.940	48
6/10#	106	4lb. 1oz.	18.500 x 12.500 x 7.000"	46	0.940	48
6/10#	106	4lb. 1oz.	18.500 x 12.500 x 7.000"	46	0.940	48
6/10#	106	3lb. 12oz.	18.500 x 12.500 x 7.000"	45	0.937	48
6/10#	106	3lb. 12oz.	18.500 x 12.500 x 7.000"	45	0.937	48
6/81oz.	81	6 cups	18.385 x 13.250 x 7.716"	34.0	1.088	35
6/81oz.	81	3lb. 9oz.	18.385 x 13.250 x 7.716"	34.0	1.088	35
6/81oz.	81	6 cups	18.385 x 13.250 x 7.716"	34.0	1.088	35

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CONSISTENT QUALITY & TASTE

Available in a **Variety of Cuts** and **Packing Mediums.**



FRUIT SOLUTIONS

CANNED FRUIT & POUCH PACKS





POUCH PACKS

100% REAL FRUIT

- Consistent taste, texture & color
- Pre-cut for labor saving convenience
- Shelf stable, no refrigeration required before opening
- Easy to open packaging, marked with "Best by" date
- Stackable to optimize storage space
- No can opener, scissors or knives required

Available in **3 VARIETIES**



TROPICAL GOLD PINEAPPLE

TROPICAL FRUIT SALAD

PINEAPPLE TIDBITS

ZERO PRODUCT WASTE

Use the remaining juice or syrup to create **FLAVORFUL BEVERAGES & MARINADES**

Pineapple Salsa Chicken



CANNED FRUIT

- Recyclable cans, marked with "Best by" date
- Various sizes, cuts & packing mediums
- Ready-to-use, shelf stable fruit before opening
- Naturally fat-free



Sweet Balsamic Fruit Salad



Spicy Southern Shrimp Kabob



Asian Sweet & Savory Pancake



Tropical Cheesecake Pizza



Pineapple Pecan Sundae



PINEAPPLE CONTAINS FIBER, POTASSIUM AND VITAMIN C, WHICH ALL PROMOTE HEART HEALTH.



Source: Medical News Today, 2018.