

Name: _____ Date: _____

Did you know that not all foods with fruity names or pictures of fruit on their packaging actually contain real fruit? Some may have only a small amount of fruit. Such products may have only fruit flavorings that make them taste like a fruit. Not only do they not belong to the **Fruit Food Group**, but they also tend to be high in added sugars. Study the labels and ingredients list below.

Can you spot the fruit imposters?



Fruit Punch

Nutrition Facts	
Serving Size 1 drink box (200ml)	
Servings Per Package 10	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 25g	8%
Dietary Fiber 0g	0%
Sugars 25g	
Proteins 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%

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

Ingredients: Pure Filtered Water, Sweeteners (High Fructose Corn Syrup), Orange and Pineapple Juices from Concentrate, less than 0.5% of: Vitamin C (Ascorbic Acid), Citric Acid (Provides Tartness), Natural and Artificial Flavors.

Imposter? YES / NO



Fruit Snacks

Nutrition Facts	
Serving Size 1 pouch (26g)	
Servings Per Package 6	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	7%
Dietary Fiber 0g	0%
Sugars 13g	
Proteins 0g	
Vitamin A 0%	Vitamin C 100%
Calcium 0%	Iron 0%

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

Ingredients: Corn Syrup, Sugar, Fruit Juice Concentrate (Apple, Grape, Strawberry, Orange, Lemon), Modified Corn Starch, Partially Hydrogenated Vegetable Oil (Cottonseed and Soybean), Malic Acid, Ascorbic Acid (Vitamin C), Natural and Artificial Flavors, Mineral Oil, Blue 1, Red 40, Yellow 5, Yellow 6, Carnauba Wax.

Imposter? YES / NO



Pineapple Chunks

Nutrition Facts	
Serving Size 0.5 cup (120ml)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Proteins 0g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 0%

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

Ingredients: Pineapple, Pineapple Juice, Preservatives.

Imposter? YES / NO