



3 Shady Berries



- Farm to freezer within hours
- All natural with no added sugar
- nudefruit's brand promise is local first.
- Packed in Canada
- Use as an alternative to fresh fruit in your favourite recipes

Our Story

The story of nudefruit begins in the field where our farmers pick the freshest fruits that are then flash frozen within hours. We are extremely proud to serve you fruits that are grown in Canada or the continental USA.

Our farmers follow strict US and Canadian agriculture and labour standards, providing a high level of food safety, a safe and fair working environment, along with sustainable and ethical food growing practices.



Item Code	Item Name	Pk/Size	UPC	SCC	Item (L x W x H)	Item Weight Net & Gross	Case (L x W x H)	Case Weight Net & Gross	CuFt	Tie/High		
40108	3 Shady Berries	12 x 540 g	800463401082	10800463401089	9.4cm x 19.3cm x 26.67cm 3.70" x 7.60" x 10.50"	0.54 kg 1.19 lbs	0.56 kg 1.235 lbs	39.37 x 29.21 x 18.42 cm 15.5" x 11.5" x 7.25"	6.48 kg 14.29 lbs	7 kg 15.4 lbs	0.87	10 x 8 = 80 cases per pallet

Ingredients: Blueberries, Blackberries, Black currants

Allergen Status: Like all fruit, our nudefruits are naturally free of allergens.

Nutrition Facts	
Valeur nutritive	
Per about 1 cup (140 g) pour environ 1 tasse (140 g)	
Calories 80	% Daily Value* % valeur quotidienne*
Fat / Lipides 0.5 g	1 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 20 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 225 mg	5 %
Calcium 40 mg	3 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Handling / Cooking Instructions

Keep frozen, thaw the desired amount. Do not refreeze product.

Shelf Life

- 2 years from time of packing. Refer to bag for a marked 'best if used by' date. Refrigerate any defrosted items and use within 1-2 days.

Canada's Food Guide

Vegetables and fruits are an important part of a healthy eating pattern. Eating a variety of vegetables and fruits may lower your risk of heart disease. Vegetable and fruits have important nutrients such as: fiber, vitamins and minerals. Include plenty of vegetables and fruits in your meals and snacks. Try making half of your plate vegetables and fruits.

† Like similar ingredients, those in our blends of fruits are also not genetically engineered (GE).

‡ Gluten-Free like all other similar blends of frozen fruits.

Preparation

Keep frozen. Thaw desired amount and return remaining product to freezer immediately. Use as an alternative to fresh fruit or in your favourite recipes including smoothies, pies, cereals, tarts and muffins.

Products Available

- Blushing Strawberries
- Four Very Bare Berries
- Lovable Sour Cherries
- Peachy Keen
- Ravishing Raspberries
- Scrumptious Antioxidant
- Wild & Crazy Blueberries
- Sweet Cherry Blues
- Cravin Cranberries
- 3 Shady Berries

222 Islington Ave., Suite 6C, Toronto, ON M8V 3W7

t: (416) 539-9278 | f: (416) 539-9299 | e: info@zastfoods.com | www.zastfoods.com



A Proudly Canadian Company
Une entreprise fièrement canadienne