



WIGGLES[®]

FRUIT JUICE GELS

A FUN AND FRUITY GEL
made with
100% Fruit Juice*

- Credits as ½ cup fruit juice per USDA Meal Pattern Requirements
- No added sugars[^]
- Smart Snack Compliant
- Excellent source of Vitamin C
- Shelf-stable, single-serve bowls reduce food waste and streamline service



*100% Fruit Juice From Concentrate And Other Natural Ingredients.

[^]Not a low calorie food. See nutrition facts for sugar and calorie content.



WIGGLES®

FRUIT JUICE GELS

JIGGLY, WIGGLY & FUN TO EAT!



DID YOU KNOW?

Dole Wiggles® Fruit Juice Gels don't contain gelatin (a protein derived from animal collagen).

NUTRITION FACTS

	Case Code	Serving Size (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Vitamin C % DV*	Vitamin D % DV*	Potassium % DV*	Calcium % DV*	Iron % DV*
Orange Ingredients: White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Orange Juice from Concentrate (Water, Orange Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Carageenan, Natural Flavors, Locust Bean Gum, Cochineal Extract (Color) and Beta Carotene (Color).	100-38900-03352-8	123	70	0	0	0	5	16	0	16	0	<1	30	0	0	2	0
Cherry Ingredients: White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Cherry Juice from Concentrate (Water, Cherry Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Carageenan, Natural Flavors, Locust Bean Gum and Vegetable Juice Color, and Calcium Lactate.	100-38900-03354-2	123	80	0	0	0	5	20	0	19	0	<1	30	0	0	2	0
Strawberry Ingredients: White Grape Juice from Concentrate (Water, White Grape Juice Concentrate), Acerola Juice from Concentrate (Water, Acerola Juice Concentrate), Lemon Juice from Concentrate (Water, Lemon Juice Concentrate), Strawberry Purée, Natural Flavors, Carageenan, Locust Bean Gum and Cochineal Extract (Color), and Calcium Lactate.	100-38900-03353-5	123	70	0	0	0	10	18	0	17	0	0	30	0	0	2	0

* Percentages based on the daily value of a 2,000 calorie diet.

CASE SPECIFICATIONS

	Pack/Size	Case Dimensions (L x W x H)	Gross Case Weight (lb)	Case Cube (ft)	Per Case Pallet	Shelf Life
Dole Wiggles Fruit Juice Gels	36/4.3 oz.	12.813" x 9.688" x 6.063"	10.58	0.436	105	1-year

Visit www.dolefoodservice.com/wiggles to learn more or call 1-800-462-7706 to speak to a Dole representative.



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