



## WELCH'S DRIED FRUIT



### WELCH'S DRIED CHERRIES

Welch's Dried Cherries are bursting with healthful true fruit flavor perfect for any snacking or baking occasion.

- Natural antioxidant power (per ORAC lab testing).
- 1/4 cup has as much antioxidant power as 1 cup of fresh cherries.<sup>1</sup>
- Good source of vitamin A.
- Great for snacking or adding it to your favorite recipe!

### WELCH'S DRIED BERRY MEDLEY

Welch's Dried Berry Medley combines the true fruit flavor of four berries to provide a delicious and nourishing snack.

- The blend includes plump blueberries, cherries, cranberries and golden raisins.
- Natural antioxidant power (per ORAC lab testing).
- Provides one serving of fruit in every 1/4 cup.



### WELCH'S DRIED MIXED FRUIT

Welch's Dried Mixed Fruit is a simple delicious way to enjoy the benefits of fruit anytime.

- Unique and irresistible combination of fruits:
  - Pineapple, cranberries, cherries, apples and raisins.
- Provides one serving of fruit in every 1/4 cup.

#### References

<sup>1</sup> Independent ORAC lab testing by Brunswick Lab; USDA Study. J Agric Food Chem. 2004\* or "U.S. Department of Agriculture - Agricultural Research Service. Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods - 2007. <http://www.ars.usda.gov/Services/docs.htm?docid=15866>. 2007. (Accessed: Nov. 30, 2007).

