

NORTHWEST NATURALS®

Fruit Calculations How Much Single Strength & Purée Concentrate

is Equivalent to ½ Cup of Fruit

Conversions for Fruit Cups:
Single Strength vs Purée Concentrate

1 gal = 128 fl. oz.

1 lb = 454 g

1 cup = 8 fl. oz.

Calculations are Based on
USDA Dietary Guidelines*

½ cup = 4 fl. oz.

(from purée or purée concentrate)

*USDA recommends 2 cups of fruit daily
(for a 2,000 calorie diet)

P: 425-881-2200

F: 425-881-3063

www.nwnaturals.com

11805 North Creek Parkway S,
Suite A104
Bothell, Washington 98011 USA

Rev. 6/2017



APPLE-BLEND

Single Strength - ½ Cup @ 11.5 BRIX = 123.5 Grams

Purée Concentrate - ¼ Cup @ 28 BRIX = 50.7 Grams

3.5 Tablespoons @ 32 BRIX = 44.4 Grams

3 Tablespoons @ 38 BRIX = 37.4 Grams



APRICOT

Single Strength - ½ Cup @ 11.7 BRIX = 123.6 Grams

Purée Concentrate - 3 Tablespoons @ 32 BRIX = 45.2 Grams



BLACKBERRY

Single Strength - ½ Cup @ 10 BRIX = 122.8 Grams

Purée Concentrate - 3 Tablespoons @ 28 BRIX = 43.9 Grams

2 Tablespoons @ 40 BRIX = 30.7 Grams



BLUEBERRY

Single Strength - ½ Cup @ 10 BRIX = 122.8 Grams

Purée Concentrate - 3 Tablespoons @ 28 BRIX = 43.9 Grams



CHERRY RED TART

Single Strength - ½ Cup @ 14 BRIX = 124.8 Grams

Purée Concentrate - ¼ Cup @ 30 BRIX = 58.2 Grams

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MANGO

Single Strength - ½ Cup @ 13 BRIX = 124.3 Grams

Purée Concentrate - ¼ Cup @ 28 BRIX = 57.7 Grams



PEACH

Single Strength - ½ Cup @ 10.5 BRIX = 123.0 Grams

Purée Concentrate - 3 Tablespoons @ 32 BRIX = 40.4 Grams



PEAR

Single Strength - ½ Cup @ 12 BRIX = 123.8 Grams

Purée Concentrate - 3.5 Tablespoons @ 32 BRIX = 46.4 Grams

3 Tablespoons @ 38 BRIX = 39.1 Grams



RASPBERRY

Single Strength - ½ Cup @ 9.2 BRIX = 122.4 Grams

Purée Concentrate - 3 Tablespoons @ 28 BRIX = 40.2 Grams



STRAWBERRY

Single Strength - ½ Cup @ 8 BRIX = 121.8 Grams

Purée Concentrate - 2.5 Tablespoons @ 28.8 BRIX = 33.8 Grams