

INGREDIENTS: Strawberry, Trimoline, Lemon, Apple Pectin, Honey, Cinnamon

INGREDIENTS: Strawberry, **High Fructose Corn Syrup**, Corn Syrup, Sugar, Fruit Pectin, Citric Acid.

Nutrition Facts		2013: Healthier by the tablespoon	2012 HMQ	2013: Healthier by the tablespoon	Nutrition Facts	
2013 Strawberry Lemonada 2013 Serving Size 1 Tablespoon (20g)					Smuckers Strawberry Preserves Serving Size 1 Tablespoon (20g)	
Amount Per Serving				Amount Per Serving		
Calories	35.7	-1.6	37.3	-14.3	Calories	50
Total Fat	0.1 g	0	0.1 g	0.1 g	Total Fat	0.0 g
Sodium	0.4 mg	0.2 mg	0.2 mg	0.2 mg	Sodium	0.0 mg
Potassium	22.2 mg	-4.8 mg	27.0 mg	-4.8 mg	Potassium	N/P
Total Carbohydrate	9.2 g	-0.4 g	9.6 g	-3.8 g	Total Carbohydrate	13.0 g
Dietary Fiber	0.9 g	0.6 g	0.3 g	-2.9 g	Dietary Fiber	0.0 g
Sugars	8.1 g	-1.0 g	9.1 g	-3.9 g	Sugars	12.0 g
Protein	0.1 g	0	0.1 g	0.1 g	Protein	0.0 g
Vitamin A	0.1 %	0	0.1 %		Vitamin A	N/P
Vitamin B-12	0.0 %	0	0.0 %		Vitamin B-12	N/P
Vitamin B-6	0.4 %	-0.1	0.5 %		Vitamin B-6	N/P
Vitamin C	13.3 %	-2.3	15.6 %		Vitamin C	N/P
Vitamin D	0.0 %	0	0.0 %		Vitamin D	N/P
Vitamin E	0.1 %	0	0.1 %		Vitamin E	N/P
Calcium	0.3 %	0.1	0.2 %		Calcium	N/P
Copper	0.5 %	0.1	0.4 %		Copper	N/P
Folate	0.5 %	-0.2	0.7 %		Folate	N/P
Iron	0.3 %	0	0.3 %		Iron	N/P
Magnesium	0.3 %	-0.1	0.4 %		Magnesium	N/P
Manganese	1.8 %	-0.2	2.0 %		Manganese	N/P
Niacin	0.2 %	0	0.2 %		Niacin	N/P
Pantothenic Acid	0.4 %	-0.1	0.5 %		Pantothenic Acid	N/P
Phosphorus	0.3 %	0	0.3 %		Phosphorus	N/P
Riboflavin	0.5 %	-0.1	0.6 %		Riboflavin	N/P
Selenium	0.1 %	-0.1	0.2 %		Selenium	N/P
Thiamin	0.2 %	-0.1	0.3 %		Thiamin	N/P
Zinc	0.1 %	0	0.1 %		Zinc	N/P