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Cuties®
The Healthy Snack Alternative
Product Fact Sheet

Cuties® are a hybrid fruit – a cross between a sweet orange and a Chinese mandarin. Thanks to their small size, sweet flavor and easy peelability, Cuties are naturally kid-friendly. And with their high nutritional content, they're a big hit with parents, too.

Available from November through May, Cuties offer a variety of nutrients per serving including: fiber, potassium, protein, calcium, vitamin C and folate. Incorporate Cuties into your beverage, salad or yogurt snack to boost nutritional value. Cuties are also great for on-the-go lifestyles.

ABOUT CUTIES

California Cuties are actually two different fruits, Clementines mandarins and Murcott mandarins. Clementines mandarins are harvested from mid-October through April; Murcott Mandarins from mid-January through April. Both Clementines and Mandarins are held to the same high growing standards, so they're always sweet, seedless, easy to peel and the perfect size for kids and grownups alike.

SELECTING YOUR CUTIES

Select a Clementine that is firm and heavy for its size. Make sure that it doesn't have soft spots or wrinkled skin. Check its scent – it should smell good, not rotten or fermented.

CARING AND STORAGE

Mandarins should be stored in a cool, well ventilated area. Typically, storing oranges between 45 degrees and 48 degrees F is best. If refrigerated, they can be kept for up to two weeks.

SUPER SWEET

Before a Mandarin can earn the Cuties label, it must meet rigorous standards for sweetness, peelability and absence of seeds. For sweetness, Cuties must maintain a minimum of 10 brix/ratio. And unlike some imported fruits, Cuties are never "treated", so their super sweet taste is always 100% natural.

SEEDLESS

One more reason parents and kids love cuties: no seeds to spit out. And to keep them seed-free, Cuties are protected from cross-pollination and tested at harvest.

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EZ PEEL

Kids love Cuties because their naturally loose skin makes them easy to peel. This means they don't have to ask Mom or Dad to help them—they can do it all by themselves. And the peel comes off cleanly, so there's no pulpy or juicy mess—which means parents love them, too.

HEALTH BENEFITS

Heart healthy: fat-free, cholesterol-free and sodium-free, Cuties also contain folate, a substance that fights heart disease.

Muscle efficiency: the potassium in a mandarin helps transmit nerve impulses to muscles, improve muscle contraction and aids in maintaining normal blood pressure.

Satisfying: a good source of fiber – with nearly 16% of the daily recommended amount in one serving, its fiber content helps fill you up and satisfy hunger.

Healing: an excellent source of vitamin C to help heal wounds and keep your teeth and gums healthy – just one serving provides nearly 300% of the recommended daily value of vitamin C!

NUTRITIONAL PROFILE (2 whole)

Calories	80
Fat	0.5g
Potassium	400mg
Carbohydrates	17g
Dietary Fiber	4g
Sugars	13g
Protein	1g

FOR MORE INFORMATION

For more information including tips to get your kids to snack healthy, visit www.cutiescitrus.com.

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