



**EXPERT OPINION**  
**FACULTY OF MEDICAL SCIENCES - UNIVERSITY OF NOVI SAD**  
(short version for internet site [www.drfructo.rs](http://www.drfructo.rs))

If **DR FRUCTO 100% fruit purees, fruit cereals and fruit snacks with biscuits** were considered a “smart alternative to sweets” or discretionary calories („calories at will”) for healthy, physiologically well-nourished pre-school and school children and adolescents; healthy, physiologically well-nourished young people (and students); healthy well-nourished adults and seniors, the energy value of all individually examined fruit purees and fruit snacks would be lower than the allowed percentage of discretionary calories in relation to the recommended daily energy intake for the above mentioned age groups. Low energy value, low natural sugars content, absence of added sugars, low sodium content and presence of dietary fibers make Dr Fructo products **NUTRITONALLY ADEQUATE “SWEETS” SUBSTITUTES**.

Dr Fructo fruit purees include fresh fruits, frozen fruits, canned fruits and dried fruits. Recommended daily energy intake for healthy well-nourished adults is 2000 kcal, while recommended intake of fruit purees is two servings a day.

The energy value of every individual puree and fruit cereal serving, within a daily energy intake of 1000 kcal, represents less than the recommended energy percentage of discretionary calories (“calories at will”), which means that they can be used as “sweets substitutes” during medical dietary therapy of excess body weight and obesity.

The confirmed microbiological, biological, physical and chemical health safety of fruit purees, fruit cereals and fruit snacks with biscuits bears a special importance in health care.

None of the above mentioned Dr Fructo products contain additives. Handy packaging which is first opened by the consumer contributes to health safety of the product as well as to consumer protection.

Based on the presented facts and figures about the energy value, nutritive ingredients, dietary fibers and sodium contents in Dr Fructo products, together with the available information on percentage of energy and sugar in daily energy recommendations, the **FACULTY OF MEDICAL SCIENCES OF THE UNIVERSITY OF NOVI SAD HAS ISSUED THE FOLLOWING EXPERT OPINION:**



## **DR FRUCTO 100% FRUIT PUREES:**

- **100% APPLE FRUIT PUREE**
- **100% PEACH FRUIT PUREE**
- **100% PLUM FRUIT PUREE**
- **100% APRICOT AND APPLE FRUIT PUREE**
- **100% PEAR FRUIT PUREE**

## **ARE NUTRITIONALLY ADEQUATE AND NATURAL SUBSTITUTES FOR SWEETS AND MAY BE RECOMMENDED:**

- ✓ to people who want to consume certain fruit meals in any season, throughout the year,
- ✓ to people who want an adequate „sweets“ substitute,
- ✓ to people who wish to follow a healthy diet: children, adolescents, adults and seniors,
- ✓ to people who wish to maintain a desired body weight,
- ✓ as a suitable snack for pre-school and school children, adolescents and students,
- ✓ in pregnancy, as sweets substitute,
- ✓ for babies above six months of age, as one fruit meal a day,
- ✓ as a suitable snack between meals for all people doing sedentary work,
- ✓ to overweight and obese people, as “sweets substitutes” during medical nutrition therapy of excess body weight and obesity,
- ✓ to people with overeating disorder, as “sweets substitutes” (to diabetics, in consultation with dietary therapists),
- ✓ for vegan and vegetarian diets.



## DR FRUCTO FRUIT SNACKS WITH CEREALS:

- APPLE FRUIT SNACK WITH CEREALS
- PEACH FRUIT SNACK WITH CEREALS
- PLUM FRUIT SNACK WITH CEREALS
- APRICOT FRUIT SNACK WITH CEREALS
- PEAR FRUIT SNACK WITH CEREALS

### ARE NUTRITIONALLY ADEQUATE AND NATURAL SUBSTITUTES FOR SWEETS AND MAY BE RECOMMENDED:

- ✓ to people who want to consume certain fruit meals in any season, throughout the year,
- ✓ to people who want an adequate „sweets“ substitute,
- ✓ to people who wish to follow a healthy diet: children, adolescents, adults and seniors,
- ✓ to people who wish to increase the intake of dietary fibers,
- ✓ to people who wish to maintain a desired body weight,
- ✓ as a suitable snack for pre-school and school children, adolescents and students,
- ✓ in pregnancy, as sweets substitute,
- ✓ as a suitable snack between meals for all people doing sedentary work,
- ✓ to overweight and obese people, as “sweets substitutes” during medical nutrition therapy of excess body weight and obesity,
- ✓ to people with overeating disorder, as “sweets substitutes” (to diabetics, in consultation with dietary therapists),
- ✓ for vegan and vegetarian diets.



## **DR FRUCTO FRUIT SNACKS WITH BISCUITS:**

- **APPLE FRUIT SNACK WITH BISCUITS**
- **PEACH FRUIT SNACK WITH BISCUITS**
- **PLUM FRUIT SNACK WITH BISCUITS**
- **APRICOT FRUIT SNACK WITH BISCUITS**
- **PEAR FRUIT SNACK WITH BISCUITS**

### **ARE NUTRITIONALLY ADEQUATE NATURAL SOURCES OF ENERGY AND NATURAL SUBSTITUTES FOR SWEETS AND MAY BE RECOMMENDED:**

- ✓ to athletes, as a meal before trainings and competitions,
- ✓ to athletes, for quick energy compensation during trainings and competitions,
- ✓ to athletes, for quick energy compensation after trainings and competitions,
- ✓ to recreationalists, before, during and after physical activities,
- ✓ for quick compensation of energy during physical work,
- ✓ as a suitable snack during long periods of mental work,
- ✓ as nutritionally justified substitute for sweets,
- ✓ to all people whose work entails long travels,
- ✓ as a suitable snack for pre-school and school children, adolescents and students,
- ✓ as a suitable snack for students, for quick compensation of energy for studying,
- ✓ for vegan and vegetarian diets.



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**ALL THE EXAMINED DR FRUCTO PRODUCTS ARE RECOMMENDED BY THE FACULTY OF MEDICAL SCIENCES OF THE UNIVERSITY OF NOVI SAD.**

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