



Vegetables and fruit are the basis of a balanced diet.



We should eat minimum 400 g of vegetables and fruit in 5 portions every day.



A glass of juice or smoothie may count as one of 5 portions of vegetables and fruit!



100% fruit and vegetable products have a similar nutritional value to vegetables and fruit from which they were made.

How to recognise them? It's easy!









Look for the logo of the **Certified Product (CP) Quality System** on the package.

www.certyfikowanyprodukt.pl





The Certified Product (CP) Quality System

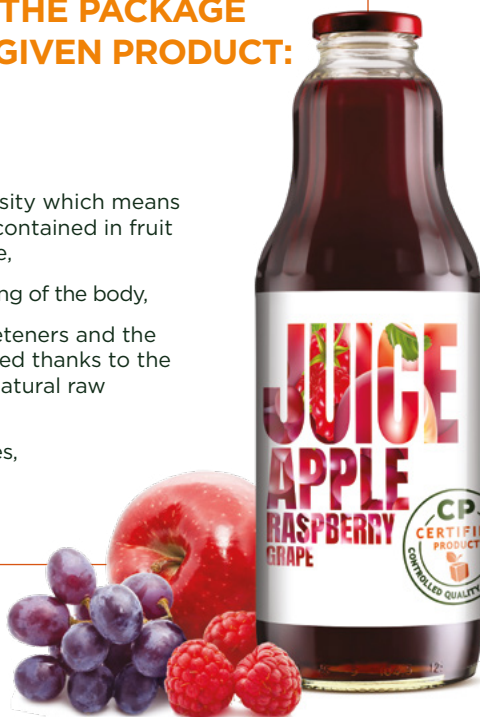
makes the choice of valuable fruit and vegetable products easier!

THE CP QUALITY MARK ON THE PACKAGE MEANS CERTAINTY THAT A GIVEN PRODUCT:

-  is safe and of high quality,
-  is produced from fruit and vegetables,
-  is characterised by high nutritional density which means that it is rich in vitamins and nutrients contained in fruit and vegetables from which it was made,
-  has beneficial properties for the functioning of the body,
-  does not contain added sugars or sweeteners and the desired sweetness and taste are obtained thanks to the composition of the product based on natural raw materials, i.e. fruit and vegetables,
-  does not contain any added preservatives, syntetic colourings or flavourings.



-  High content of vitamin C
-  Source of vitamin A
-  Vitamin C contributes to maintain the normal function of the immune system
-  Vitamin A contributes to the maintenance of normal skin



The CP quality mark is the **guarantee** of significant amount of vitamins and minerals in the product and its high nutritional density confirmed by studies.

THE CERTIFIED PRODUCT (CP) QUALITY SYSTEM – be sure that you choose right products for yourself and your family!

The Certified Product (CP) Quality System has been developed and is administered by the Polish Association of Juice Producers (KUPS). It is a non-profit organisation which has been supporting Poles in making correct food choices for many years. Also, representatives of renowned and independent research institutions have been involved in the development of the System and the certification process.

Detailed information about KUPS and its activity can be found on the following website: www.kups.org.pl

The programme financed from the resources of the Fruit and Vegetables Promotion Fund.

KRAJOWA UNIA
PRODUCENTÓW SOKÓW