

APPLES & GRAPES



There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.

PRODUCE PARTICULARS

Did you know? Grapes are actually considered berries!



Apples and grapes have the greatest variety of any other type of fruit.



Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	16g	6%
Dietary Fiber	2g	6%
Total Sugars	13g	
Includes	0g Added Sugars	0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.2mg	2%
Potassium	150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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