

BLACKBERRIES & GRAPES



Blackberries are native to North America, but there are varieties of similar berries that grow wild all over the world.

PRODUCE PARTICULARS

Blackberries turn from green to red to blackish-blue when they're fully ripe.



Did you know that grapes come from ancient lands? They were first discovered by people in the Middle East and the Mediterranean 6,000 - 8,000 years ago!



Blackberries have nutrients that can help make our bodies strong by improving our immune system, helping us have a healthy tummy, keeping our hearts strong, making our bones healthy, and even helping us see better. What a super berry!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 50

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	13g	5%
Dietary Fiber	4g	16%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.5mg	2%
Potassium	110mg	2%

* 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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