

# BLACKBERRIES



Did you know that blackberries are not just delicious, but they can also make your tongue turn purple when you eat them?

## PRODUCE PARTICULARS

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



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



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 45**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	10g	3%
Dietary Fiber	5g	19%
Total Sugars	5g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.6mg	4%
Potassium	160mg	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

INGREDIENTS: Blackberries, Raw

FRESHEALTH