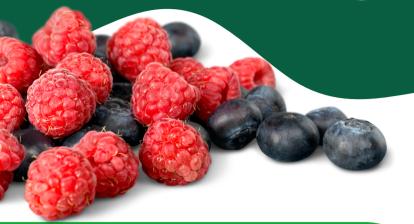
BLUEBERRIES & RASPBERRIES





These berries (and other brightly colored foods) are packed with antioxidants - a nutrient that fights the "bad guys" or free radicals in our body.



PRODUCE PARTICULARS

Raspberries contain more Vitamin C than an orange and are rich in antioxidants.



Blueberries are native to our very own continent of North America.



In the US, about 90% of all raspberries sold come from Washington, California and Oregon.



FRESHEALTH

Nutrition Facts 1 serving per container Serving size 100 g Amount per serving **50** Calories % Daily Value Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0mg 0% 0% Sodium 0ma Total Carbohydrate 13g 5% Dietary Fiber 4g 16% Total Sugars 7g Includes 0g Added Sugars 0% Protein 1a Vitamin D 0mcg 0% Calcium 20mg 2% 2% Iron 0.5mg 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

Carbohydrate 4

Protein 4

general nutrition advice.

Calories per gram: