

# 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.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
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<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
	<i>% Daily Value *</i>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>16%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 20mg	<b>2%</b>
Iron 0.5mg	<b>2%</b>
Potassium 110mg	<b>2%</b>
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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