

BLUEBERRIES



Did you know?

Blueberries are the only fruit (or vegetable) that is naturally blue!

PRODUCE PARTICULARS

People have been eating blueberries for more than 13,000 years!



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



Blueberries are powerful - they're packed with important vitamins like Vitamin C to keep you strong and healthy, and Vitamin K that helps your bones and blood stay super strong!



FRESHEALTH

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 14g 5%

Dietary Fiber 2g 9%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 80mg 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

INGREDIENTS: Blueberries, Raw