

CANTALOUPE, HONEYDEW, PINEAPPLE BLEND



Your baggie will have orange, green, and yellow fruits. Can you think of other fruits that are these colors?

PRODUCE PARTICULARS

Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These minerals balance the fluids in your body and keep it working well!

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

Honeydew melons contain Vitamins B6, E & K. Eating cantaloupe can help to keep you hydrated.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	40
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 200mg	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: Melons, Honeydew, Raw, Melons, Cantaloupe, Raw, Pineapple, Raw, All Varieties	