

# FRUIT CUP



What Colors do you see?

Try naming all the colors you see in this fruit pack!

## PRODUCE PARTICULARS

Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.



Honeydew is the sweetest of all the melon varieties.



Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	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, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

FRESHEALTH