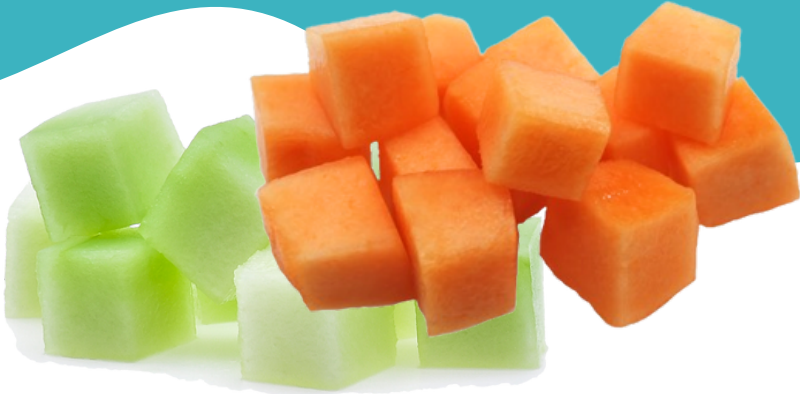


HONEYDEW & CANTALOUPE



What colors do you see in your snack pack? What other fruits are Orange or Green?

PRODUCE PARTICULARS

Honeydew and cantaloupe are both excellent sources of vitamin C which helps support healthy skin!

Cantaloupe gets its beautiful orange coloring from beta-carotene, the same pigment that gives carrots & sweet potatoes their color.

Both cantaloupes and honeydew are about 90% water, making these fruits great for helping you stay hydrated throughout the day.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 35

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 250mg	6%

* 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

FRESHEALTH