

HONEYDEW & PINEAPPLE



Can you practice counting with the pieces in your snack pack?

How many did you find?



PRODUCE PARTICULARS

Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones. They also contain folate, potassium, and magnesium.

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



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 11g 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 170mg 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: Pineapple, Raw, All Varieties, Melons, Honeydew, Raw

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