

RASPBERRIES & GRAPES



Jelly is made from fruit juice and jams are made from the whole crushed fruit. Which one do you like on your toast?

PRODUCE PARTICULARS

Raspberries contain more Vitamin C than an orange and are rich in antioxidants.



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



The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	<small>% Daily Value *</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	13%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 170mg	4%
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	