

RASPBERRIES



Raspberries were once a symbol of kindness.

How can you be kind to someone today?

PRODUCE PARTICULARS

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



Though closely related, the main difference between raspberries and blackberries is that raspberries have a hollow core in the middle while blackberries do not.



In the US, about 90% of all raspberries sold come from Washington, California and Oregon.



FRESHEALTH

Nutrition Facts

1 serving per container	
Serving size	100 g
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Amount per serving	
Calories	50
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	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	23%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
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Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 150mg	4%
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* 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.	
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Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4