

# RED GRAPES



Grapes are a type of berry!

Can you name some other berries that are red like grapes?

## PRODUCE PARTICULARS

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

Grapes are a good source of Vitamin K, which has been shown to help heal wounds and protect bones.

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 70**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 3%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein 1g**

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 190mg 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: Grapes, Red Or Green

(European Type, Such As Thompson

Seedless), Raw

**FRESHEALTH**