

STRAWBERRIES & BLUEBERRIES



Strawberries and blueberries are tiny fruits with BIG names! Can you count how many letters are in "strawberry"? How many syllables are in "blueberry"?

PRODUCE PARTICULARS

Strawberries contain less carbohydrates and sugar than blueberries. But blueberries are known to have more fiber. Both berries are known to be a good source of natural sugar to keep you energized.

Both strawberries and blueberries are rich in antioxidants and anti-inflammatory compounds. These compounds can help combat illness and fight against free radicals that lead to multiple chronic diseases like diabetes, cancer and heart diseases.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
	<small>% Daily Value *</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 120mg	2%

* 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: Strawberries, Raw, Blueberries, Raw

FRESHEALTH