

# WHITE GRAPES



Grapes are actually a kind of berry! They have a leathery covering and a fleshy inside. Can you name other types of berries?

## PRODUCE PARTICULARS

There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.



Grapes are high in Vitamin K which is known to help your blood to heal wounds and build healthy bones.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

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