

# STRAWBERRIES & PINEAPPLE



Strawberries are a member of the rose family. These sweet and juicy berries are botanical relatives of those beautiful garden flowers.

## PRODUCE PARTICULARS

About eight medium strawberries can provide about 150% of the recommended daily value of Vitamin C.

Pineapples don't grow on trees. In fact, they're tropical plants that belong to the bromeliad family. These spiky-looking fruits actually grow close to the ground, forming in the center of a leafy plant.

Strawberries are grown in every state in the U.S. and in every Canadian province.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>40</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	6%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.4mg	2%
Potassium 130mg	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, Pineapple, Raw, All Varieties	