

# HEALTH CONNECTION

## NUTRITION FACTS LABEL



Serving Size:

1 Medium Grapefruit

Amount per serving

**Calories** **80**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 21g 8%

Dietary Fiber 3g 11%

Total Sugars 18g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 31mg 2%

Iron 0mg 0%

Potassium 356mg 8%

\*The % Daily Value 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

- Vitamin C is an antioxidant which helps wounds heal and promotes iron absorption
- Vitamin A helps maintain healthy vision, healthy skin, and supports cell growth
- Grapefruit contains moderate levels of the B-complex group of vitamins
- Potassium is an important component of cell and body fluids; helps regulate heart rate and blood pressure through countering sodium effects



PATH  
TO THE PLATE

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