

# FRESHEALTH.<sup>TM</sup>

# BLUEBERRIES



## PRODUCE PARTICULARS

- Blueberries are full of essential nutrients, including Vitamin C and the mineral manganese. Loaded with Vitamin K, a key nutrient in maintaining healthy bones and blood.
- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- People have been eating blueberries for more than 13,000 years. That's about 1,000 years before the advent of agriculture!

<b>Nutrition Facts</b>		
1 serving per container		
Serving size	100 g	
Amount per serving		
<b>Calories</b>	<b>60</b>	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 14g	5%	
Dietary Fiber 2g	9%	
Total Sugars 10g		
Includes 0g Added Sugars	0%	
<b>Protein 1g</b>		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.3mg	2%	
Potassium 80mg	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: Blueberries, Raw		

## DID YOU KNOW?

- Blueberries are the only fruit (or vegetable) that is naturally blue!
- What things around you can you find that are BLUE?