

BLACK GRAPES



2 oz preportioned serving

Nutrition Facts	
Portion Size	85 g
Amount Per Portion	55
Calories	
% Daily Value *	
Total Fat 0.6g	1 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0.6g	2 %
Sugar 14g	
Protein 0.6g	1 %
Vitamin D mcg	N/A
Calcium 12mg	1 %
Iron 0.2mg	1 %
Potassium mg	N/A
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.	

FOOD FACTS

- The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!
- Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.
- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

TRY IT!

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

Can you find something around you that's each of these colors?