

## RED GRAPES



### PRODUCE PARTICULARS

- 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 the blood to heal wounds and builds healthy bones.
- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 70**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 18g 7%

Dietary Fiber 1g 3%

Total Sugars 15g

Includes 0g Added Sugars 0%

**Protein 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

### DID YOU KNOW?

Grapes are a type of berry!

**Can you name some other berries that are red like grapes?**