FRESHEALTH

CANTALOUPE, HONEYDEW, PINEAPPLE BLEND



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 200mg	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: Melons, Honeydew, Raw, Melons, Cantaloupe, Raw, Pineapple, Raw, All Varieties

PRODUCE PARTICULARS

- Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These minerals balance the fluids in your body and keep it working well!
- In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.
- Honeydew melons contain Vitamins B6, E & K. Eating cantaloupe can help to keep you hydrated.

TRY IT!

Your baggie will have orange, green, and yellow fruits. Can you think of other fruits that are these colors?