FRESHEALTH

APPLES & GRAPES



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	6%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 150mg	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

PRODUCE PARTICULARS

- Apples and grapes together make a great potassium-rich combination.
- Did you know? Grapes are actually considered berries!
- Apples and grapes have the greatest variety of any other type of fruit.

TRY THIS!

Can you use your grapes and apples to make a smiley face?



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