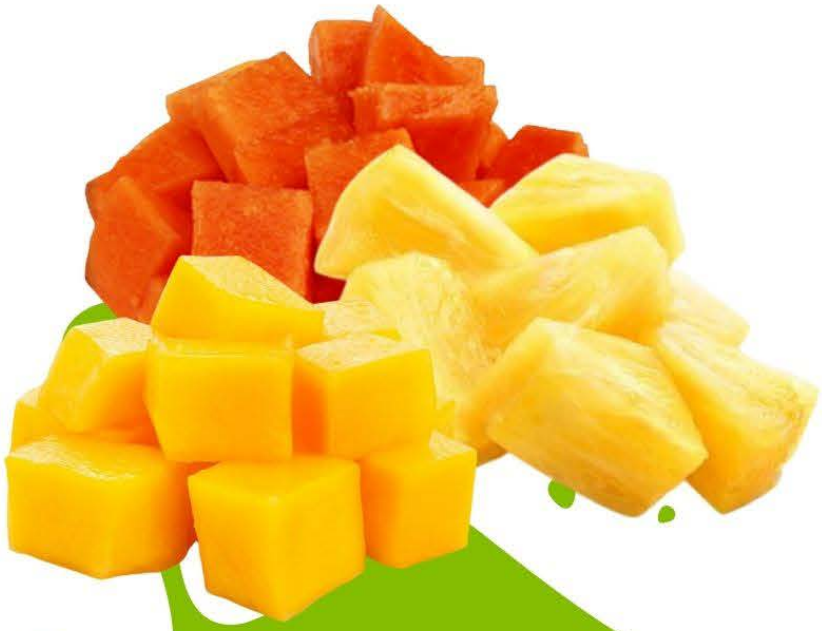
FRESHEALTH

PAPAYA, MANGO, AND PINEAPPLE BLEND



Nutrition Facts

1 serving per container

Serving size	**100 g**
Amount per serving	
Calories	**45**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 11g	**4%**
Dietary Fiber 1g	**3%**
Total Sugars 8g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
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

INGREDIENTS: Papayas, Raw, Pineapple, Raw, Traditional Varieties

PRODUCE PARTICULARS

- The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.
- Mangos contain over 20 different vitamins and minerals!
- Pineapples are high in vitamin C, which supports the immune system and provides antioxidant benefits.

TRY IT!

Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



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