



# Black Plum



## ***Nutrition:***

- **Black plums are rich in Vitamin C and are a source of Vitamin A.**
- **Vitamin C can help your body fight off germs!**

## ***Did you know?:***

- **Plums do not get sweeter after being picked from the tree.**
- **Plums are related to peaches nectarines and almonds.**
- **Be careful! These plums contain a pit (the seed of the fruit).**

## ***More:***

- **These plums can be eaten raw like regular plums.**
  - **Choose firm plums without soft spots.**
- Store at room temperature until ripe, and refrigerate.**

Nutrition Facts	
Serving Size 2 medium (151g)	
Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 19g	6%
Dietary Fiber 2g	8%
Sugars 18g	
<b>Protein</b> 1g	
Vitamin A 8%	Vitamin C 10%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



### Be a Student Detective:

*A dried grape is a raisin. What is a dried plum called?*