

FRUIT CUP



In botany, a fruit is the seed-bearing structure in flowering plants that is formed from the ovary after flowering. Fruits are the means by which flowering plants disseminate their seeds. Edible fruits have long propagated in a symbiotic relationship that is the means for seed dispersal for the one group and nutrition for the other. Consequently, fruits account for a substantial fraction of the world's agricultural output, and some have acquired extensive cultural and symbolic meanings.

Fruit cups deliver **vitamins and minerals**, which make them a better snack choice over chips or cookies, which only deliver empty calories. Fruit cups with no added sugar or chemicals can be an effective way to fit in a serving of fruit for a quick snack or as part of a meal.

Fruit Cup - No Sugar Added

Tasty, bite-sized peaches, pears and pineapples are packed fresh in naturally sweetened water with no sugar added. Enjoy these convenient snack cups on the go or any time!

Nutrition summary:

Calories	Fat	Carbs	Protein
72	0.25g	18.78g	0.88g

There are **72 calories** in 1 cup of Fruit.

Calorie breakdown: **3% fat**, 93% carbs, 4% protein.

Potassium 265mg6% Vitamin A 32mcg4% Vitamin C 24.1mg27%

