

# BLUEBERRIES



## Did you know?

Blueberries are the only fruit (or vegetable) that is naturally blue!

## PRODUCE PARTICULARS

People have been eating blueberries for more than 13,000 years!



Blueberries are native to our very own continent of North America.



Blueberries are powerful - they're packed with important vitamins like Vitamin C to keep you strong and healthy, and Vitamin K that helps your bones and blood stay super strong!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 60**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 2g	9%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 80mg	2%

\* 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

**FRESHEALTH**