

FRUIT CUP

CANTALOUPE, HONEYDEW, GRAPE



What colors do you see?

Try naming all the colors you see in this fruit pack!

PRODUCE PARTICULARS

Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.



Honeydew is the sweetest of all the melon varieties.



Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.



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 10mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	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: Melons, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

FRESHEALTH