Fat-free
Saturated fat-free
Sodium-free
Cholesterol-free
A good source of fiber
Good source of Vitamin C

Blueberries

NUTRITION FACTS		% daily value*		
Serving Size: 1 cup (126g)	**Total Fat** 0g	1%	Vitamin A	2%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C	8%
Calories 84	**Cholesterol** 0mg	0%	Calcium	0%
Calories from Fat 4	**Sodium** 1mg	0%	Iron	2%
* Percent Daily Values are based on a 2,000 calorie diet.	**Total Carbohydrate** 21g	11%		
	Dietary Fiber 4g	14%		
Source: Nutrition & Produce Labeling Guide	Sugars 15g			
	Protein 1g