



As Fresh As Fresh Gets

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

Apples

NUTRITION FACTS		% daily value*	
Serving Size: 1 large apple (242g)	Total Fat 0g	0%	Vitamin A 2%
Amount Per Serving	Saturated Fat 0g	0%	Vitamin C 8%
Calories 130	Cholesterol 0mg	0%	Calcium 0%
Calories from Fat 0	Sodium 0mg	0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet.	Total Carbohydrate 34g	11%	
Source: Nutrition & Produce Labeling Guide	Dietary Fiber 5g	20%	
	Sugars 16g		
	Protein 1g		

