

Blackberries

Nutrition Facts

Serving Size: ½ cup blackberries (72g)	
Calories 31	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	15%
Sugars 4g	
Protein 1g	
Vitamin A 3%	Calcium 2%
Vitamin C 25%	Iron 3%

Other nutrients: Vitamin K (18%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09042

Blueberries

Nutrition Facts

Serving Size: ½ cup blueberries (74g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	7%
Sugars 7g	
Protein 1g	
Vitamin A 1%	Calcium 0%
Vitamin C 12%	Iron 1%

Other nutrients: Vitamin K (18%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09050

Raspberries

Nutrition Facts

Serving Size: ½ cup raspberries (62g)	
Calories 32	Calories from Fat 0
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	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 1g	
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Vitamin A 0%	Calcium 2%
Vitamin C 27%	Iron 2%

Other nutrients: Vitamin K (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09302