



LABEL READER

Nutritional information

- Serving size:** The amount commonly eaten in one sitting. Be careful: Some products contain more than one serving.
- Dietary fiber:** Derived from plants and found in foods containing plant parts. Helps the body digest foods and absorb nutrients; helps lower blood cholesterol.
- Vitamin A (retinol):** Helps you see better; helps bones grow and skin develop; helps fight disease.
- Vitamin C (ascorbic acid):** Helps fight infections and heals wounds; helps the body absorb iron and calcium.
- Calcium:** Promotes strong bones and teeth; needed for blood to coagulate, or thicken; used by muscles and nerves.
- Iron:** Needed for hemoglobin (the part of red blood cells that carries oxygen) and myoglobin (the protein in muscle cells that holds oxygen).

Apricots

Calories	60	Total fat	1g
Dietary fiber	1g	Protein	0g
Vitamin A	45%	Vitamin C	20%
Calcium	2%	Iron	2%

Cantaloupe

Calories	50	Total fat	0g
Dietary fiber	1g	Protein	1g
Vitamin A	100%	Vitamin C	80%
Calcium	2%	Iron	2%

Grapefruit

Calories	60	Total fat	0g
Dietary fiber	6g	Protein	1g
Vitamin A	15%	Vitamin C	110%
Calcium	2%	Iron	0%

Kiwifruit

Calories	100	Total fat	1g
Dietary fiber	4g	Protein	2g
Vitamin A	2%	Vitamin C	240%
Calcium	6%	Iron	4%

Mango

Calories	70	Total fat	0.5g
Dietary fiber	1g	Protein	0g
Vitamin A	40%	Vitamin C	15%
Calcium	0%	Iron	0%

Raspberries

Calories	50	Total fat	0g
Dietary fiber	8g	Protein	1g
Vitamin A	0%	Vitamin C	40%
Calcium	2%	Iron	2%