



3-BERRY BLEND

Nutrition Facts			
Serving Size 1 Cup (140g)			
Amount Per Serving			
Calories 80	Calories from Fat 5		
	% Daily Value*		
Total Fat 1g			2%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 19g			6%
Dietary Fiber 7g			28%
Sugars 11g			
Protein 1g			
Vitamin A 2%		• Vitamin C 25%	
Calcium 4%		• Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

BLACKBERRIES, RASPBERRIES,
BLUEBERRIES.