

Nutrition Facts	
Serving Size 1 Cup (227)	
Amount per Serving	
Calories 110	Fat Cal 20
%Daily Value	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 140mg	6%
Potassium 460mg	13%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 10g	20%
Vitamin A 2%	Vitamin C 0%
Calcium 35%	Iron 0%
Vitamin D 25%	

STRAWBERRY

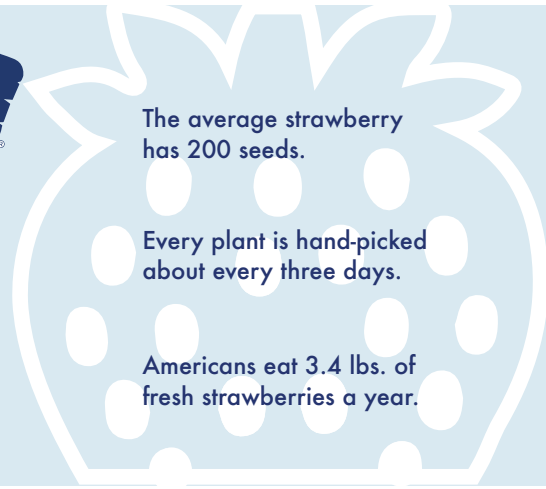
whole milk



The average strawberry has 200 seeds.

Every plant is hand-picked about every three days.

Americans eat 3.4 lbs. of fresh strawberries a year.



Hawaii produces about 1/3 of all pineapples in the world.

Pineapples take about 18-20 months to become ready to harvest.

Pineapples ripen faster upside down.



PINE-APPLE

whole milk

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BLUE-BERRY

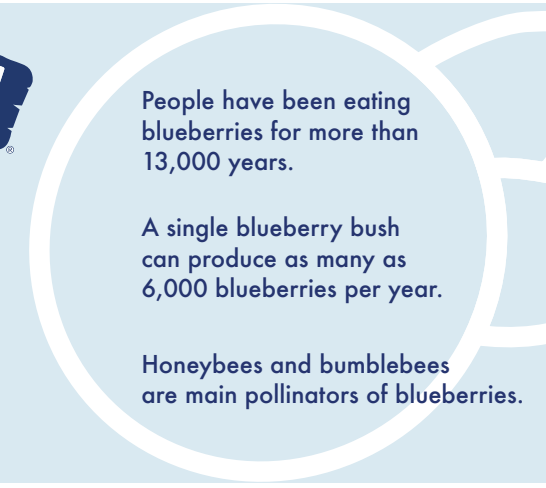
whole milk



People have been eating blueberries for more than 13,000 years.

A single blueberry bush can produce as many as 6,000 blueberries per year.

Honeybees and bumblebees are main pollinators of blueberries.



One plant produces few hundred raspberries per year.

In the US, about 90% of all raspberries sold come from Washington, California and Oregon.

Raspberries grow in areas with mild winters and cold summers, on a fertile and well-drained soil.



RASP-BERRY

whole milk

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