

# Georgia Grown Strawberries



**DID YOU  
KNOW**

**BETTERCHOICES**  
TAKE YOUR TASTE! FEEL GOOD. LIVE WELL.

Strawberries, with their team of anti oxidants and detoxifiers, can effectively help push away accumulation of toxic substances and acids in the body.

## Nutrition Facts

Serving Size: 1 cup (145g)

### Amount Per Serving

|                           |        |                          |               |
|---------------------------|--------|--------------------------|---------------|
| <b>Calories</b>           | 83     | <b>Calories from Fat</b> | 4             |
|                           |        | <b>% Daily Value *</b>   |               |
| <b>Total Fat</b>          | 0.5 g  |                          | <b>1%</b>     |
| Saturated Fat             | 0.00 g |                          | <b>0%</b>     |
| Polyunsaturated Fat       | 0.2 g  |                          |               |
| Monounsaturated Fat       | 0.1 g  |                          |               |
| <b>Cholesterol</b>        | 0 mg   |                          | <b>0%</b>     |
| <b>Sodium</b>             | 1 mg   |                          | <b>0%</b>     |
| <b>Total Carbohydrate</b> | 21.0 g |                          | <b>7%</b>     |
| Dietary Fiber             | 3.5 g  |                          | <b>14%</b>    |
| Sugars                    | 14.4 g |                          |               |
| <b>Protein</b>            | 1.1 g  |                          |               |
| Vitamin A                 | 2%     | -                        | Vitamin C 23% |
| Calcium                   | 1%     | -                        | Iron 2%       |

\* Based on a 2000 Calorie Diet