

# 1 CUP OF BLUEBERRIES = SUPER NUTRITION!

Blueberries are the low-cal health food. One cup of blueberries has only 80 calories and contains 14% DV of fiber. Besides being low in fat and sodium, blueberries are a source of vitamins, minerals, dietary fiber, phenolics and flavonoids.

## BLUEBERRY NUTRITIONAL INFORMATION

Nutrient	Measurement Per C(140g)	Units
Protein	1.10	g
Fat	0.49	g
Carbohydrate	21.45	g
Sugar	9.00	g
Fiber	3.60	g
Vitamin C	14.40	mg
Sodium	1.00	mg
Potassium	114.00	mg
Calcium	9.00	mg
Iron	0.41	mg
Niacin	0.619	mg
Vitamin A	80.00	IU