

Blueberry Products Nutritional Facts Chart

Directions: Using the included five blueberry nutrition labels, fill in the chart below using measurement units. Include the daily value of each category.

	Blueberries-Fresh	Blueberry Jam	Blueberry Muffin	Blueberry Nutri-Grain Bar	Blueberry Yogurt
Calories					
Total Fat					
	%	%	%	%	%
Sodium					
	%	%	%	%	%
Total Carbohydrates					
	%	%	%	%	%
Protein					

Frozen Blueberries

Nutrition Facts	
Serving size	1 cup (140g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 6g	21%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 95mg	2%
Zinc 1mg	10%
Manganese 4mg	170%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Blueberry Muffin

Nutrition Facts

12 servings per container

Serving size 1 Muffin (170g)

Amount per serving

Calories **590**

% Daily Value*

Total Fat 29g **37%**

Saturated Fat 6g **30%**

Trans Fat 0.5g

Cholesterol 115mg **38%**

Sodium 540mg **23%**

Total Carbohydrate 71g **26%**

Dietary Fiber 2g **7%**

Total Sugars 36g

Includes 32g Added Sugars **64%**

Protein 8g

Vitamin D 0mcg **0%**

Calcium 42mg **4%**

Iron 2mg **10%**

Potassium 49mg **2%**

Thiamin 0.1mg **8%**

Riboflavin 0.2mg **15%**

Niacin 0mg **0%**

Folate 0mcg DFE **0%**

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blueberry Cereal Bar

Nutrition Facts																															
Serving Size	1 Bar (37g)																														
Servings Per Container	8																														
Amount Per Serving																															
Calories	120	Calories from Fat 30																													
% Daily Value*																															
Total Fat	3g	5%																													
Saturated Fat	0.5g	3%																													
<i>Trans</i> Fat	0g																														
Cholesterol	0mg	0%																													
Sodium	110mg	5%																													
Total Carbohydrate	24g	8%																													
Dietary Fiber	3g	10%																													
Sugars	12g																														
Protein	2g																														
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Vitamin A</td> <td style="width: 25%;">15%</td> <td style="width: 25%;">• Vitamin C</td> <td style="width: 25%;">0%</td> </tr> <tr> <td>Calcium</td> <td>20%</td> <td>• Iron</td> <td>10%</td> </tr> <tr> <td>Thiamin</td> <td>25%</td> <td>• Riboflavin</td> <td>25%</td> </tr> <tr> <td>Niacin</td> <td>25%</td> <td>• Vitamin B₆</td> <td>25%</td> </tr> <tr> <td>Zinc</td> <td>10%</td> <td></td> <td></td> </tr> </table>				Vitamin A	15%	• Vitamin C	0%	Calcium	20%	• Iron	10%	Thiamin	25%	• Riboflavin	25%	Niacin	25%	• Vitamin B ₆	25%	Zinc	10%										
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<p>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th>Calories</th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than</td> <td>65g</td> <td>80g</td> </tr> <tr> <td> Sat. Fat</td> <td>Less than</td> <td>20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than</td> <td>300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than</td> <td>2,400mg</td> <td>2,400mg</td> </tr> <tr> <td>Total Carbohydrate</td> <td></td> <td>300g</td> <td>375g</td> </tr> <tr> <td> Dietary Fiber</td> <td></td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>					Calories	2,000	2,500	Total Fat	Less than	65g	80g	Sat. 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
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Total Carbohydrate		300g	375g																												
Dietary Fiber		25g	30g																												

Blueberry Jam

Nutrition Facts

servings per container

Serving size (100g)

Amount per serving

Calories **240**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 120mg **5%**

Total Carbohydrate 60g **22%**

Dietary Fiber 1g **4%**

Total Sugars 53g

Includes 43g Added Sugars **86%**

Protein 0g

Vitamin D 0mcg **0%**

Calcium 15mg **2%**

Iron 0mg **0%**

Potassium 22mg **0%**

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Blueberry Yogurt

Nutrition Facts

1 servings per container

Serving size 1 container (140g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 4g 5%

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 45mg 2%

Total Carbohydrate 16g 6%

Dietary Fiber less than 1g **0%**

Total Sugars 15g

Includes 8g Added Sugars **16%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 121mg **10%**

Iron 0mg **0%**

Potassium 157mg **4%**

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4