

Pineapple Food Labels

Frozen Pineapple

Nutrition Facts	
Serving Size	¾ cup
Calories	70
Total Fat	0g
Sodium	0mg
Total Carbohydrates	19g
Dietary Fiber	2g
Sugars	14g
Protein	0g
Vitamin A 2%	Vitamin C 130%
Vitamin E 0%	Calcium 2%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 0%	

Dried Pineapple

Nutrition Facts	
Serving Size	¾ cup
Calories	318
Total Fat	0g
Sodium	193mg
Total Carbohydrates	79g
Dietary Fiber	2g
Sugars	70g
Protein	0g
Vitamin A 0%	Vitamin C 0%
Vitamin E 0%	Calcium 2%
Iron 2%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 2%	

Canned Pineapple

Nutrition Facts	
Serving Size	¾ cup
Calories	105
Total Fat	0g
Sodium	15mg
Total Carbohydrates	26g
Dietary Fiber	2g
Sugars	23g
Protein	0g
Vitamin A 0%	Vitamin C 20%
Vitamin E 0%	Calcium 0%
Iron 0%	Thiamin 0%
Niacin 0%	Folate 0%
Vitamin B ₁₂ 0%	Zinc 0%
Magnesium 0%	