Berry Nutrition Comparison

| | Strawberries | Blueberries | Cranberries | Raspberries | Blueberries |
|--------------|--------------|-------------|-------------|-------------|-------------|
| Serving Size | | | | | |
| Calories | | | | | |
| Fat | | | | | |
| Protein | | | | | |
| Fiber | | | | | |
| Carbohydrate | | | | | |
| Sodium | | | | | |
| Sugars | | | | | |
| Vitamin C | | | | | |