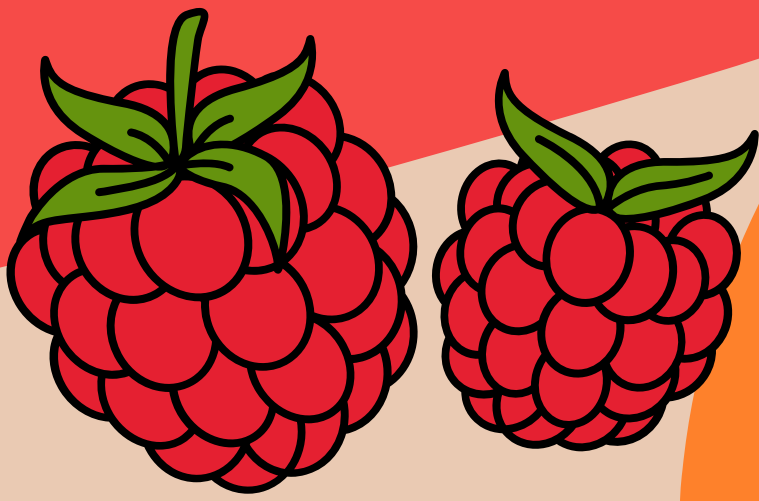


RASPBERRIES



NUTRITION FACTS

SERVING SIZE: 1 CUP

CALORIES: 65

FAT: 0.8G

CARBOHYDRATES: 15G

DIETARY FIBER: 8G

SUGAR: 5G

PROTEIN: 1.5G



BIOACTIVE COMPONENTS

FLAVANOIDS

ANTHOCYANINS

FLAVONOLS

PHENOLIC ACIDS

VITAMIN C

HOW TO EAT:

SMOOTHIES,

DESSERTS , AND

YOGURT PARFAITS

DID YOU KNOW?

RASPBERRIES

WERE FIRST

GATHERED IN THE

WILD ON THE

FOOTHILLS OF

MOUNT IDA BY

PEOPLE OF THE

TROY



FUN FACT

RASPBERRY

PLANTS CAN

LIVE FOR UP

TO 10 YEARS!



HEALTH TIP

Raspberries help keep the heart healthy and improve digestion