



Apple		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims
1 medium	Calories	80		No claim
(140 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	150 mg	4%	No claim
	Carbohydrate	20 g	6%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	15 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		6%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		0%	No claim

Asparagus		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims**
10 medium spears	Calories	20		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free" "zero sodium", "free of sodium"
	Potassium	210 mg	6%	"source of" or "contains" potassium
	Carbohydrate	4 g	1%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	2 g		No claim
	Protein	2 g		No claim
	Vitamin A		6%	"source of" or "contains" Vitamin A
	Vitamin C		15%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		4%	No claim

Avocado		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/5 medium (30 g)	Calories	50		No claim
	Fat/Saturated Fat	4.5 g / 0.5 g	7% / 1%	No claim
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	140 mg	4%	No claim
A SECTION	Carbohydrate	3 g	1%	
	Fibre	1 g	4%	No claim
	Sugars	0 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		4%	No claim
	Calcium		0%	No claim
	Iron		2%	No claim

^{*}All Eligible nutrient content claims shall relate to all foods of that type and not only the specified food e.g "carrots are low in calories" or "all carrots are low calorie".

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Banana		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 large (140 g)	Calories	120		"source of energy", "source of calories"
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	500 mg	14%	"good source of", "high in", potassium
	Carbohydrate	33 g	11%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	21 g		No claim
	Protein	1 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		15%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		4%	No claim

Bell Pepper		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium (85 g)	Calories	15		"low" ,"low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	25 mg	1%	"low", "low in", "low source of" sodium
	Potassium	125 mg	4%	No claim
	Carbohydrate	2 g	1%	
	Fibre	1 g	4%	No claim
The state of the s	Sugars	2 g		No claim
	Protein	1g		No claim
	Vitamin A		2%	No claim
	Vitamin C		110%	"excellent source of", "very high in" Vitamin C
	Calcium		0%	No claim
	Iron		2%	No claim

Blueberries		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 cup (80 g)	Calories	45		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	50 mg	1%	No claim
	Carbohydrate	12g	4%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	8g		No claim
	Protein	0.5g		No claim
_	Vitamin A		0%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		2%	No claim

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Most Commonly Consumed Fruits & Vegetables in Canada



Broccoli		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium stalk;	Calories	25		"low", "low in", "low source of" calories
1 cup (85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	45 mg	2%	"low", "low in", "low source of" sodium
2	Potassium	260 mg	7%	"source of" or "contains" potassium
TO A STATE OF THE	Carbohydrate	5 g	2%	
	Fibre	2 g	8%	"source of", "contains", fibre
The second secon	Sugars	1 g		No claim
	Protein	2 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		130%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	No claim
	Iron		4%	No claim

Butternut Squash		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/12 medium (85 g)	Calories	35		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
4	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
(Manager)	Potassium	290 mg	8%	"source of" or "contains" potassium
	Carbohydrate	9 g	3%	
1000000	Fibre	1 g	4%	No claim
	Sugars	5 g		No claim
	Protein	1 g		No claim
	Vitamin A		10%	"source of" or "contains" Vitamin A
	Vitamin C		4%	No claim
	Calcium		2%	No claim
	Iron		2%	No claim

Cantaloupe		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/4 medium (150 g)	Calories	60		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
130	Sodium	20 mg	1%	"low", "low in", "low source of" sodium
EX EX EX	Potassium	270 mg	8%	"source of" or "contains" potassium
Sec. 10. 11. 11. 11. 11. 11. 11. 11. 11. 11	Carbohydrate	13 g	4%	
	Fibre	1 g	4%	No claim
	Sugars	12 g		No claim
	Protein	1 g		No claim
	Vitamin A		70%	"excellent source of", "very high in" Vitamin A
	Vitamin C		90%	"excellent source of", "very high in" Vitamin C
	Calcium		2%	No claim
	Iron		4%	No claim

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^{**} Note: A Disease Risk Reduction Claim "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer" is allowed for fresh fruits and vegetables except potatoes, yams, cassava, plantain, corn, mushrooms, legumes and their juices."





Carrot		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium or	Calories	35		"low", "low in", "low source of" calories
8 baby carrots or	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
1 cup matchstick/	Sodium	65 mg	3%	"low", "low in", "low source of" sodium
Julienne carrots	Potassium	270 mg	8%	"source of" or "contains" potassium
(85 g)	Carbohydrate	8 g	3%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	5 g		No claim
	Protein	1 g		No claim
	Vitamin A		60%	"excellent source of", "very high in" Vitamin A
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
No. of Contract of	Iron		2%	No claim

Cauliflower		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/6 medium head	Calories	20		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	25 mg	1%	"low", "low in", "low source of" sodium
	Potassium	230 mg	7%	"source of" or "contains" potassium
	Carbohydrate	4 g	1%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	2 g		No claim
	Protein	2 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		90%	"excellent source of", "very high in" Vitamin C
	Calcium		2%	No claim
	Iron		4%	No claim

Celery		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 large stalk; 2	Calories	10		"low", "low in", "low source of" calories
small stalks (85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	90 mg	4%	"low", "low in", "low source of" sodium
the case of	Potassium	200 mg	6%	"source of" or "contains" potassium
100	Carbohydrate	3 g	1%	
	Fibre	2 g	8%	"source of", "contains", fibre
l)	Sugars	2 g		No claim
	Protein	0 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
FIRST	Calcium		4%	No claim
	Iron		2%	No claim

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Cherries, sweet		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
21 cherries; 1 cup	Calories	100		"source of energy", "source of calories"
(140 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
X	Potassium	350 mg	10%	"good source of", "high in", potassium
	Carbohydrate	26 g	9%	
/ \	Fibre	1 g	4%	No claim
	Sugars	16 g		No claim
	Protein	1 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		15%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

Corn		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
Kernels from 1	Calories	90		No claim
medium (85 g	Fat	2.5 g	4%	"Low ", "low in", "low source of" fat
	Sodium	0 mg	0%	"Sodium free", "zero sodium", "free of sodium"
	Potassium	240 mg	7%	"source of" or "contains" potassium
NAME AND ADDRESS OF THE PARTY O	Carbohydrate	17 g	6%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	5 g		No claim
	Protein	4 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		4%	No claim

Cucumber		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/4 medium; 1 mini	Calories	10		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	120 mg	3%	No claim
	Carbohydrate	2 g	1%	
	Fibre	1g	4%	No claim
CONTRACTOR OF THE PARTY OF THE	Sugars	1 g		No claim
	Protein	1 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		8%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

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Grapefruit		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 large (140 g)	Calories	50		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
50000	Potassium	150 mg	4%	No claim
	Carbohydrate	14 g	5%	
6 3 3 3 3 5 5 5	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	10 g		No claim
	Protein	1 g		No claim
	Vitamin A		15%	"good source of" or "high in" Vitamin A
	Vitamin C		90%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	No claim
	Iron		0%	No claim

Grapes		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
21 grapes; 1 cup	Calories	100		source of energy
(140 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	15 mg	1%	"low", "low in", "low source of" sodium
	Potassium	270 mg	8%	"source of" or "contains" potassium
	Carbohydrate	26 g	9%	
W. 200 Charles	Fibre	1 g	4%	No claim
	Sugars	22 g		No claim
	Protein	0 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		2%	No claim
	Calcium		2%	No claim
	Iron		0%	No claim

Green Beans		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
20 medium beans	Calories	20		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"Sodium free", "zero sodium", "free of sodium"
	Potassium	210 mg	6%	"source of" or "contains" potassium
DE COMMENTE	Carbohydrate	5 g	2%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	2 g		No claim
	Protein	1 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		4%	No claim
	Iron		4%	No claim

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Green Cabbage		Amount p Serving	er	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/12 medium head	Calories	25		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	20 mg	1%	"low", "low in", "low source of" sodium
	Potassium	190 mg	5%	No claim
7 6 6 6 6 6	Carbohydrate	5 g	2%	
	Fibre	2 g	8%	"source of", "contains", fibre
A STATE OF THE STA	Sugars	3 g		No claim
	Protein	1 g		No claim
1977	Vitamin A		0%	No claim
	Vitamin C		70%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	No claim
	Iron		4%	No claim

Honeydew Melon		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/6 medium (150 g)	Calories	60		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
The state of the s	Sodium	35 mg	1%	"low", "low in", "low source of" sodium
	Potassium	240 mg	7%	"source of" or "contains" potassium
	Carbohydrate	13 g	4%	
	Fibre	1 g	4%	No claim
	Sugars	12 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		50%	"excellent source of", "very high in" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

Iceberg Lettuce		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 cups; 1/4 head	Calories	10		"low", "low in", "low source of" calories
(85 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	10 mg	0%	"low", "low in", "low source of" sodium
	Potassium	120 mg	3%	No claim
	Carbohydrate	2 g	1%	
	Fibre	1 g	4%	No claim
	Sugars	1 g		No claim
	Protein	1 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		6%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		4%	No claim

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Kiwi		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 medium (140 g)	Calories	90		No claim
	Fat	1 g	2%	"Low ", "low in", "low source of" fat
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
ALCOHOL: COLUMN	Potassium	430 mg	12%	"good source of", "high in", potassium
No. of Concession, Name of Street, or other	Carbohydrate	19g	6%	
The state of the s	Fibre	4 g	16%	"high source of", high in" fibre
	Sugars	12 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		220%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	No claim
	Iron		2%	No claim

Leaf Lettuce		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 cups (85 g)	Calories	15		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
AND MAKES	Sodium	35 mg	1%	"low", "low in", "low source of" sodium
	Potassium	170 mg	5%	No claim
	Carbohydrate	2 g	1%	
	Fibre	1 g	4%	No claim
	Sugars	1 g		No claim
A STATE OF THE PARTY OF THE PAR	Protein	1 g		No claim
	Vitamin A		60%	"excellent source of", "very high in" Vitamin A
	Vitamin C		6%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		6%	source of or "contains" Iron

Lemon		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 small (55 g)	Calories	15		low, "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	70 mg	2%	No claim
	Carbohydrate	5 g	2%	
	Fibre	2 g	8%	"source of", "contains", fibre
1000	Sugars	2 g		No claim
	Protein	0 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		40%	"good source of" or "high in" Vitamin C
	Calcium		2%	No claim
	Iron		0%	No claim

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Lime		Amount per Serving			
Serving Size:	Nutrients	Amoun t	% DV	Eligible Nutrient Content Claims*	
1 small (55 g)	Calories	15		Low in calories	
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"	
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"	
and the second	Potassium	60 mg	2%	No claim	
	Carbohydrate	6 g	2%		
	Fibre	2 g	8%	"source of", "contains", fibre	
	Sugars	0 g		No claim	
	Protein	0 g		No claim	
	Vitamin A		0%	No claim	
	Vitamin C		25%	"source of" or "contains" Vitamin C	
	Calcium		0%	No claim	
	Iron		0%	No claim	

Mango		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 large (140 g)	Calories	80		No claim
	Fat	0.5 g	1%	""Low ", "low in", "low source of" fat
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	230 mg	7%	"source of" or "contains" potassium
The second second	Carbohydrate	21 g	7%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	23 g		No claim
	Protein	0.5 g		No claim
	Vitamin A		10%	"source of" or "contains" Vitamin A
	Vitamin C		45%	"good source of" or "high in" Vitamin C
	Calcium		2%	No claim
	Iron		0%	No claim

Mushrooms		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
5 medium (85 g)	Calories	20		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
- (Pan	Sodium	15 mg	1%	"low", "low in", "low source of" sodium
	Potassium	300 mg	9%	"source of" or "contains" potassium
1	Carbohydrate	3 g	1%	
1	Fibre	1 g	4%	No claim
1	Sugars	0 g		No claim
	Protein	3 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		2%	No claim
	Calcium		0%	No claim
	Iron		2%	No claim

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Most Commonly Consumed Fruits & Vegetables in Canada



Nectarine		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium (140 g)	Calories	60		No claim
	Fat	0.5 g	1%	"Low ", "low in", "low source of" fat
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	250 mg	7%	"source of" or "contains" potassium
	Carbohydrate	15	5%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	11 g		No claim
	Protein	1 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		15%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		2%	No claim

Onion		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium (85 g)	Calories	25		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	110 mg	3%	No claim
	Carbohydrate	6 g	2%	
国际发展的经济企业	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	5 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

Orange		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium (140 g)	Calories	70		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
-	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	230 mg	7%	"source of" or "contains" potassium
	Carbohydrate	17 g	6%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	13 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		120%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	"source of" or "contains" calcium
	Iron		2%	No claim

^{*}All Eligible nutrient content claims shall relate to all foods of that type and not only the specified food e.g "carrots are low in calories" or "all carrots are low calorie".

^{**} Note: A Disease Risk Reduction Claim "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of some types of cancer" is allowed for fresh fruits and vegetables except potatoes, yams, cassava, plantain, corn, mushrooms, legumes and their juices."

Most Commonly Consumed Fruits & Vegetables in Canada



Peach		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium (140 g)	Calories	60		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	220 mg	6%	"source of" or "contains" potassium
A THE REST OF THE	Carbohydrate	14 g	5%	
10 miles	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	12 g		No claim
	Protein	1 g		No claim
	Vitamin A		2%	No claim
	Vitamin C		15%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		2%	No claim

Pear		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium (140 g)	Calories	80		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	160 mg	5%	No claim
	Carbohydrate	22 g	7%	
	Fibre	5 g	20%	"high source of", high in" fibre
	Sugars	13 g		No claim
O SECURITY.	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		0%	No claim

Pineapple		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 medium slices	Calories	60		No claim
(140 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
7.7.4.47	Sodium	15 mg	1%	"low", "low in", "low source of" sodium
	Potassium	150 mg	4%	No claim
1	Carbohydrate	16 g	5%	
The state of	Fibre	1 g	4%	No claim
	Sugars	13 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		70%	"excellent source of", "very high in" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

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Plum		Amount p Serving	oer	
Serving size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium (140 g)	Calories	60		No claim
200 TM	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	210 mg	6%	"source of" or "contains" potassium
The second	Carbohydrate	18 g	6%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	15 g		No claim
	Protein	1 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		10%	"source of" or "contains" Vitamin C
	Calcium		0%	No claim
	Iron		2%	No claim

Potato		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 small (110 g)	Calories	80		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
100	Sodium	0 mg	0%	"Sodium free", "zero sodium", "free of sodium"
	Potassium	460 mg	13%	"good source of", "high in", potassium
	Carbohydrate	19 g	6%	
	Fibre	1 g	4%	No claim
	Sugars	1 g		No claim
	Protein	2 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		35%	"good source of" or "high in" Vitamin C
	Calcium		2%	No claim
	Iron		6%	"source of" or "contains" Iron

Raspberries		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 cup (80 g)	Calories	40		No claim
	Fat	0.5 g	1%	"Low ", "low in", "low source of" fat
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	100 mg	3%	No claim
	Carbohydrate	10 g	3%	
A STATE OF THE PARTY.	Fibre	5 g	20%	"high source of", high in" fibre
	Sugars	4 g		No claim
	Protein	1 g		No claim
	Vitamin A		0%	No claim
	Vitamin C		25%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		4%	No claim

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Romaine Lettuce		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 cups (85 g)	Calories	15		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	5 mg	0%	"low", "low in", "low source of" sodium
	Potassium	210 mg	6%	"source of" or "contains" potassium
	Carbohydrate	3 g	1%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	1 g		No claim
	Protein	1 g		No claim
	Vitamin A		70%	"excellent source of", "very high in" Vitamin A
	Vitamin C		6%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		6%	source of or "contains" Iron

Spinach		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 cups (85 g)	Calories	20		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	75 mg	3%	"low", "low in", "low source of" sodium
	Potassium	450 mg	13%	"good source of", "high in", potassium
	Carbohydrate	3 g	1%	
- D	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	0 g		No claim
	Protein	2 g		No claim
	Vitamin A		70%	"excellent source of", "very high in" Vitamin A
	Vitamin C		35%	"good source of" or "high in" Vitamin C
	Calcium		8%	"source of" or "contains" calcium
	Iron		15%	"source of" or "contains" iron

Strawberries		Amount per Serving			
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*	
7 medium (140 g)	Calories	50		No claim	
-0.40	Fat	0 g	0%	"fat free", "zero fat", " free of fat"	
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"	
	Potassium	160 mg	5%	No claim	
	Carbohydrate	10 g	3%		
	Fibre	2 g	8%	"source of", "contains", fibre	
	Sugars	8 g		No claim	
	Protein	1 g		No claim	
	Vitamin A		0%	No claim	
	Vitamin C		150%	"excellent source of", "very high in" Vitamin C	
	Calcium		2%	No claim	
	Iron		2%	No claim	

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Sweet Potato		Amount p Serving	oer	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium (110 g)	Calories	80		No claim
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
Control of the Control	Sodium	70 mg	3%	"low", "low in", "low source of" sodium
CANADA CONTRACTOR	Potassium	370 mg	11%	"good source of", "high in", potassium
the same	Carbohydrate	19 g	6%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	6 g		No claim
	Protein	2 g		No claim
	Vitamin A		50%	"excellent source of", "very high in" Vitamin A
	Vitamin C		25%	"source of" or "contains" Vitamin C
	Calcium		4%	No claim
	Iron		4%	No claim

Tangerine	Amount per Serving			
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 large; 2 small	Calories	60		No claim
(140 g)	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	210 mg	6%	"source of" or "contains" potassium
	Carbohydrate	17 g	6%	
	Fibre	3 g	12%	"source of", "contains", fibre
	Sugars	12 g		No claim
	Protein	1 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		60%	"excellent source of", "very high in" Vitamin C
	Calcium		4%	No claim
	Iron		0%	No claim

Tomato		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 small; 1/3	Calories	15		"low", "low in", "low source of" calories
medium;	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
1/5 large;1 large	Sodium	10 mg	0%	"low", "low in", "low source of" sodium
cocktail tomato;	Potassium	200 mg	6%	"source of" or "contains" potassium
8 grape tomatoes (85 g)	Carbohydrate	3 g	1%	
	Fibre	1 g	4%	No claim
	Sugars	2 g		No claim
	Protein	1g		No claim
	Vitamin A		6%	"source of" or "contains" Vitamin A
	Vitamin C		25%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

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Watermelon		Amount per Serving			
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*	
1/12 mini; 1/18 small;	Calories	45		No claim	
1/28 large;	Fat	0 g	0%	"fat free", "zero fat", " free of fat"	
1 cup diced (150 g)	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"	
	Potassium	140 mg	4%	No claim	
	Carbohydrate	11 g	4%		
42 A 200	Fibre	1 g	4%	No claim	
10 (0.5)	Sugars	11 g		No claim	
	Protein	1 g		No claim	
	Vitamin A		8%	"source of" or "contains" Vitamin A	
	Vitamin C		15%	"source of" or "contains" Vitamin C	
	Calcium		0%	No claim	
	Iron		4%	No claim	

Zucchini		Amount p Serving	per	
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium (85 g)	Calories	15		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", " free of fat"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
The second second	Potassium	230 mg	7%	"source of" or "contains" potassium
	Carbohydrate	3 g	1%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	2 g		No claim
	Protein	0 g		No claim
	Vitamin A		4%	No claim
	Vitamin C		25%	"source of" or "contains" Vitamin C
	Calcium		2%	No claim
	Iron		2%	No claim

Note: The nutrition data provided in this Nutrition Labelling Guide for the Most Commonly Consumed Fresh Fruits and Vegetables in Canada, has been adapted from USFDA and other reliable data for voluntary use in a Canadian Nutrition Facts Table or to provide nutrition information at retail. The serving sizes, calculations and allowable nutrient content claims have been determined under the direction of Health Canada. The CPMA makes every effort to ensure that reliable information is provided but cannot accept any responsibility for any errors or omissions no matter how caused.

A label owner is responsible for the accuracy of their label values, therefore, it is important that all pertinent acts and regulations be consulted prior to developing package and nutrition labelling for the Canadian marketplace.

CPMA shall not be liable for any damages, loss, expense or claim of loss arising from the use, or reliance on the information.

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