




Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

Apple		Amount per Serving		
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	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims**
 10 medium spears (85 g)	Calories	20		"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	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 per Serving		
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
	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".


** 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."

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Banana		Amount per Serving		
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 per Serving		
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
	Sugars	2 g		No claim
	Protein	1 g		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 per Serving		
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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Broccoli		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
 1/2 medium stalk; 1 cup (85 g)	Calories	25		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	45 mg	2%	"low", "low in", "low source of" sodium
	Potassium	260 mg	7%	"source of" or "contains" potassium
	Carbohydrate	5 g	2%	
	Fibre	2 g	8%	"source of", "contains", fibre
	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"
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	290 mg	8%	"source of" or "contains" potassium
	Carbohydrate	9 g	3%	
	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 per Serving		
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"
	Sodium	20 mg	1%	"low", "low in", "low source of" sodium
	Potassium	270 mg	8%	"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		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."

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Carrot		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium or 8 baby carrots or 1 cup matchstick/ Julienne carrots (85 g) 	Calories	35		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	65 mg	3%	"low", "low in", "low source of" sodium
	Potassium	270 mg	8%	"source of" or "contains" potassium
	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
	Iron		2%	No claim

Cauliflower		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/6 medium head (85 g) 	Calories	20		"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	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 large stalk ; 2 small stalks (85 g) 	Calories	10		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	90 mg	4%	"low", "low in", "low source of" sodium
	Potassium	200 mg	6%	"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		10%	"source of" or "contains" Vitamin C
	Calcium		4%	No claim
	Iron		2%	No claim


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Cherries, sweet		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
21 cherries; 1 cup (140 g) 	Calories	100		"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	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
Kernels from 1 medium (85 g) 	Calories	90		No claim
	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
	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/4 medium; 1 mini (85 g) 	Calories	10		"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	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		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 per Serving		
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"
	Potassium	150 mg	4%	No claim
	Carbohydrate	14 g	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
 21 grapes; 1 cup (140 g)	Calories	100		source of energy
	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%	
	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
 20 medium beans (85 g)	Calories	20		"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	210 mg	6%	"source of" or "contains" potassium
	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
 1/12 medium head (85 g)	Calories	25		"low", "low in", "low source of" calories
	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
	Carbohydrate	5 g	2%	
	Fibre	2 g	8%	"source of", "contains", fibre
	Sugars	3 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		4%	No claim
	Iron		4%	No claim

Honeydew Melon		Amount per Serving		
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"
	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
 2 cups; 1/4 head (85 g)	Calories	10		"low", "low in", "low source of" calories
	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 per Serving		
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"
	Potassium	430 mg	12%	"good source of", "high in", potassium
	Carbohydrate	19g	6%	
	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 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	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
	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 per Serving		
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
	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	Amount	% 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"
	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 per Serving		
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
	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 per Serving		
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"
	Sodium	15 mg	1%	"low", "low in", "low source of" sodium
	Potassium	300 mg	9%	"source of" or "contains" potassium
	Carbohydrate	3 g	1%	
	Fibre	1 g	4%	No claim
	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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Nectarine		Amount per Serving		
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 per Serving		
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%	
	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 per Serving		
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."

Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

Peach		Amount per Serving		
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
	Carbohydrate	14 g	5%	
	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 per Serving		
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
	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 per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 medium slices (140 g) 	Calories	60		No claim
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	15 mg	1%	"low", "low in", "low source of" sodium
	Potassium	150 mg	4%	No claim
	Carbohydrate	16 g	5%	
	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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Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

Plum		Amount per Serving		
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	210 mg	6%	"source of" or "contains" potassium
	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 per Serving		
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"
	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 per Serving		
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%	
	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


*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."

Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

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 per Serving		
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%	
	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
	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


*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."

Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

Sweet Potato		Amount per Serving		
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"
	Sodium	70 mg	3%	"low", "low in", "low source of" sodium
	Potassium	370 mg	11%	"good source of", "high in", potassium
	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 (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	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 medium; 1/5 large; 1 large cocktail tomato; 8 grape tomatoes (85 g)	Calories	15		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	10 mg	0%	"low", "low in", "low source of" sodium
	Potassium	200 mg	6%	"source of" or "contains" potassium
	Carbohydrate	3 g	1%	
	Fibre	1 g	4%	No claim
	Sugars	2 g		No claim
	Protein	1 g		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

*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."

Nutrition Facts:

Most Commonly Consumed Fruits & Vegetables in Canada

Watermelon		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/12 mini; 1/18 small; 1/28 large; 1 cup diced (150 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	140 mg	4%	No claim
	Carbohydrate	11 g	4%	
	Fibre	1 g	4%	No claim
	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 per Serving		
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"
	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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