

Canadian Nutrition Facts for Fruits and Vegetables

The nutrient values and compliant claims for each of the commodities included in the table below, are based on the calculations for the core information required in Canadian nutrition facts table (NFT) formats prescribed by the December 14, 2016, amendments to the Food and Drug Regulations.


Nutrient Content & Disease Risk Reduction Claims:


- *All eligible nutrient content claims shall relate to all foods of that type and not only the specified food.
 - Ex: "Carrots are low in calories" or "All carrots are low calories."
- The 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, a fresh vegetable or fruit juice **except** potatoes, yams, cassava, plantain, corn, mushrooms, legumes and their juices, and olives."
- The disease risk reduction claim, "A healthy diet rich in a variety of vegetables and fruit may help reduce the risk of heart disease" is allowed for fresh fruits or vegetables and fresh vegetable juice **except it cannot be or contain one of the following:** potatoes, yams, cassava, plantain, mature legumes and their juices, olives, a fruit juice, the seed of a fruit known as a drupe, including almonds, cashews, and coconuts.


To note:

- *The nutrition data provided in this Nutrition Facts 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 (NFT) format prescribed by the 2016 regulatory amendments to the Food and Drug regulation 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.*
- *CPMA would like to thank Health Canada and their staff from the Food Directorate's Bureau of Nutritional Sciences, Nutrition Regulations and Standards Division and the Nutrition Research Division for their valued support, direction and assistance with this project.*


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	3%	No claim
	Carbohydrate	20 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	15 g	15%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.1 mg	1%	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	200 mg	4%	No claim
	Carbohydrate	4 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	2 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.4 mg	2%	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	6%	No claim
	Sodium	0 mg	0%	
	Potassium	150 mg	3%	"sodium free", "zero sodium", "free of sodium"
	Carbohydrate	3 g		No claim
	Fibre	1 g	4%	
	Sugars	0 g	0%	No claim
	Protein	1 g		No claim
	Calcium	0 mg	0%	No claim
	Iron	0.2 mg	1%	No claim


Nutrition Facts:
Most Commonly Consumed Fruits & Vegetables in Canada


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	11%	"good source of", "high in" potassium
	Carbohydrate	33 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	21 g	21%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.4 mg	2%	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	3%	No claim
	Carbohydrate	2 g		
	Fibre	1 g	4%	No claim
	Sugars	2 g	2%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim

Blueberries		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 cup (80 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	50 mg	1%	No claim
	Carbohydrate	12 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	8 g	8%	No claim
	Protein	0.5 g		No claim
	Calcium	0 mg	0%	No claim
	Iron	0.2 mg	1%	No claim


Nutrition Facts:
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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	250 mg	5%	"source of" or "contains" potassium
	Carbohydrate	5 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	1 g	1%	No claim
	Protein	2 g		No claim
	Calcium	30 mg	2%	No claim
	Iron	0.5 mg	3%	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	300 mg	6%	"source of" or "contains" potassium
	Carbohydrate	9 g		
	Fibre	1 g	4%	No claim
	Sugars	5 g	5%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.3 mg	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	250 mg	5%	"source of" or "contains" potassium
	Carbohydrate	13 g		
	Fibre	1 g	4%	No claim
	Sugars	12 g	12%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.5 mg	3%	No claim


Nutrition Facts:
Most Commonly Consumed Fruits & Vegetables in Canada

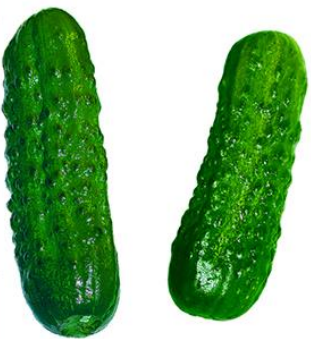
Carrot		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1 medium; 8 baby carrots; 1 cup matchstick/ Julienne carrots (85 g) 	Calories	35		"low", "low in", "low source of" calories
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	65 mg	3%	"low", "low in", "low source of" sodium
	Potassium	250 mg	5%	"source of" or "contains" potassium
	Carbohydrate	8 g		
	Fibre	2 g	7%	source of, "contains", "provides" fibre
	Sugars	5 g	5%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.3 mg	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	225 mg	5%	No claim
	Carbohydrate	4 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	2 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.4 mg	2%	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	4%	No claim
	Carbohydrate	3 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	0 g		No claim
	Calcium	40 mg	3%	No claim
	Iron	0.2 mg	1%	No claim


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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	"Low ", "low in", "low source of" fat
		Sodium	0 mg	"sodium free", "zero sodium", "free of sodium"
		Potassium	225 mg	No claim
		Carbohydrate	17 g	
		Fibre	2 g	"source of", "contains", "provides" fibre
		Sugars	5 g	No claim
		Protein	4 g	No claim
		Calcium	0 mg	No claim
		Iron	0.5 mg	No claim


Cucumbers		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	"fat free", "zero fat", "free of fat"
		Sodium	0 mg	"sodium free", "zero sodium", "free of sodium"
		Potassium	125 mg	No claim
		Carbohydrate	2 g	
		Fibre	1 g	No claim
		Sugars	1 g	No claim
		Protein	1 g	No claim
		Calcium	10 mg	No claim
		Iron	0.2 mg	No claim

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	"fat free", "zero fat", "free of fat"
		Sodium	0 mg	"sodium free", "zero sodium", "free of sodium"
		Potassium	150 mg	No claim
		Carbohydrate	14 g	
		Fibre	2 g	"source of", "contains", "provides" fibre
		Sugars	10 g	No claim
		Protein	1 g	No claim
		Calcium	30 mg	No claim
		Iron	0.1 mg	No claim


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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	250 mg	5%	"source of" or "contains" potassium
	Carbohydrate	26 g		
	Fibre	1 g	4%	No claim
	Sugars	22 g	22%	No claim
	Protein	0 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.1 mg	1 %	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	200 mg	4%	No claim
	Carbohydrate	5 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	1 g		No claim
	Calcium	40 mg	3%	No claim
	Iron	0.4 mg	2%	No claim

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	200 mg	4%	No claim
	Carbohydrate	5 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	3 g	3%	No claim
	Protein	1 g		No claim
	Calcium	40 mg	3%	No claim
	Iron	0.2 mg	1%	No claim


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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	2%	"low", "low in", "low source of" sodium
	Potassium	225 mg	5%	No claim
	Carbohydrate	13 g		
	Fibre	1 g	4%	No claim
	Sugars	12 g	12%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.2 mg	1%	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	125 mg	3%	No claim
	Carbohydrate	2 g		
	Fibre	1 g	4%	No claim
	Sugars	1 g	1%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.4 mg	2%	No claim

Kiwi		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
2 medium (140 g)	Calories	90		No claim
	Fat	1 g	1%	Low in fat
	Sodium	0 mg	0%	"sodium free", "zero sodium", "free of sodium"
	Potassium	450 mg	10%	"source of" or "contains" potassium
	Carbohydrate	19 g		
	Fibre	4 g	14%	"high source of", "high in" fibre
	Sugars	12 g	12%	No claim
	Protein	1 g		No claim
	Calcium	30 mg	2%	No claim
	Iron	0.2 mg	1%	No claim


Nutrition Facts:
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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	2%	"low", "low in", "low source of" sodium
	Potassium	175 mg	4%	No claim
	Carbohydrate	2 g		
	Fibre	1 g	4%	No claim
	Sugars	1 g	1%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.75 mg	4%	No claim


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	75 mg	2%	No claim
	Carbohydrate	5 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	0 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0 mg	0%	No claim

Lime		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	50 mg	1%	No claim
	Carbohydrate	6 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	0 g	0%	No claim
	Protein	0 g		No claim
	Calcium	0 mg	0%	No claim
	Iron	0 mg	0%	No claim


Nutrition Facts:
Most Commonly Consumed Fruits & Vegetables in Canada


Mango		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 large (140 g)	Calories	90		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	225 mg	5%	No claim
	Carbohydrate	21 g		
	Fibre	2 g	7%	"source of," "contains," "provides" fibre
	Sugars	23 g	23%	No claim
	Protein	0.5 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.1 mg	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	6%	"source of" or "contains" potassium
	Carbohydrate	3 g		
	Fibre	1 g	4%	No claim
	Sugars	0 g	0%	No claim
	Protein	3 g		No claim
	Calcium	0 mg	0%	No claim
	Iron	0.2 mg	1%	No claim

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	5%	"source of," "contains" potassium
	Carbohydrate	15 g		
	Fibre	2 g	7%	"source of," "contains," "provides" fibre
	Sugars	11 g	11%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim


Nutrition Facts:
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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	100 mg	2%	No claim
	Carbohydrate	6 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	5 g	5%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.3 mg	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	225 mg	5%	No claim
	Carbohydrate	17 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	13 g	13%	No claim
	Protein	1 g		No claim
	Calcium	50 mg	4%	No claim
	Iron	0.2 mg	1%	No claim

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	225 mg	5%	No claim
	Carbohydrate	14 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	12 g	12%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.4 mg	2%	No claim


Nutrition Facts:
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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	150 mg	3%	No claim
	Carbohydrate	22 g		
	Fibre	5 g	18%	"high source of", "high in" fibre
	Sugars	13 g	13%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.1 mg	1%	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	3%	No claim
	Carbohydrate	16 g		
	Fibre	1 g	4%	No claim
	Sugars	13 g	13%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.4 mg	2%	No claim

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	225 mg	5%	No claim
	Carbohydrate	18 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	15 g	15%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim


Nutrition Facts:
Most Commonly Consumed Fruits & Vegetables in Canada


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	450 mg	10%	"source of" or "contains" potassium
	Carbohydrate	19 g		
	Fibre	1 g	4%	No claim
	Sugars	1 g	1%	No claim
	Protein	2 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.75 mg	4%	No claim


Raspberries		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 cup (80 g)	Calories	50		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	2%	No claim
	Carbohydrate	10 g		
	Fibre	5 g	18%	"high source of", "high in" fibre
	Sugars	4 g	4%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.5 mg	3%	No claim

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	200 mg	4%	No claim
	Carbohydrate	3 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	1 g	1%	No claim
	Protein	1 g		No claim
	Calcium	30 mg	2%	No claim
	Iron	0.75 mg	4%	No claim


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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	10%	"source of" or "contains" potassium
	Carbohydrate	3 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	0 g	0%	No claim
	Protein	2 g		No claim
	Calcium	75 mg	6%	"source of" or "contains" calcium
	Iron	2.25 mg	13%	"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	150 mg	3%	No claim
	Carbohydrate	10 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	8 g	8%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim

Sweet Cherries		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	7%	"source of" or "contains" potassium
	Carbohydrate	26 g		
	Fibre	1 g	4%	No claim
	Sugars	16 g	16%	No claim
	Protein	1 g		No claim
	Calcium	20 mg	2%	No claim
	Iron	0.3 mg	2%	No claim


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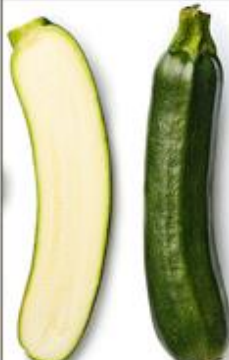
Sweet Potato		Amount per Serving		
Serving Size:	Nutrients	Amount	% DV	Eligible Nutrient Content Claims*
1/2 medium (110 g)	Calories	80		No claim
	Fat	0 g	0%	"fat free", "zero fat", "free of fat"
	Sodium	60 mg	3%	"low", "low in", "low source of" sodium
	Potassium	350 mg	7%	"source of" or "contains" potassium
	Carbohydrate	19 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	6 g	6%	No claim
	Protein	2 g		No claim
	Calcium	30 mg	2%	No claim
	Iron	0.75 mg	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	200 mg	4%	No claim
	Carbohydrate	17 g		
	Fibre	3 g	11%	"source of", "contains", "provides" fibre
	Sugars	12 g	12%	No claim
	Protein	1 g		No claim
	Calcium	40 mg	3%	No claim
	Iron	0.1 mg	1%	No claim

Tomatoes		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	4%	No claim
	Carbohydrate	3 g		
	Fibre	1 g	4%	No claim
	Sugars	2 g	2%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim

Nutrition Facts:
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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	150 mg	3%	No claim
	Carbohydrate	11 g		
	Fibre	1 g	4%	No claim
	Sugars	11 g	11%	No claim
	Protein	1 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.5 mg	3%	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	225 mg	5%	No claim
	Carbohydrate	3 g		
	Fibre	2 g	7%	"source of", "contains", "provides" fibre
	Sugars	2 g	2%	No claim
	Protein	0 g		No claim
	Calcium	10 mg	1%	No claim
	Iron	0.3 mg	2%	No claim

* All eligible nutrient content claims shall relate to all foods of that type and not only the specified food ex: "carrots are low in calories" or "all carrots are low calories."