



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE -Raspberries (1 PUNNET, RAW)

NUTRITION INFORMATION			
Serving size: 125g (1 punnet)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	108g		86g
Energy	254kJ	3%	203kJ
Protein	1.4g	3%	1.1g
Total fat	0.3g	<1%	0.2g
Saturated fat	0g	0%	0g
Total Carbohydrates	8.5g	3%	6.8g
Sugars	8.1g	9%	6.5g
Dietary fibre	7.0g	23%	5.6g
Sodium	1mg	<1%	1mg
Potassium	195mg		156mg
Folate eq	43ug	21%	34ug
Biotin	6.5ug	22%	5.2ug
Vitamin C	36mg	91%	29mg
Vitamin K^	10ug	12%	8ug
Manganese	0.6mg	13%	0.5mg
Total polyphenols^	518mg GAE		414mg GAE
Beta-carotene	35ug eq		28ug eq
Anthocyanins^^	61mg		49mg

Source: Aust Food Comp Data or ^ USDA
 ^^Bhagwat et al
 * based on an average adult diet of 8700 kJ
 "<" means less than
 GAE means Gallic Acid Equivalents

**NUTRITION INFORMATION PANEL
 MUST APPEAR WHEREVER NUTRITION
 AND HEALTH CLAIMS ARE MADE**

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NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE –Blueberries (1 PUNNET, RAW)

NUTRITION INFORMATION			
Serving size: 125g (1 punnet)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	105g		84g
Energy	243kJ	3%	194kJ
Protein	0.6g	1%	0.5g
Total fat	0g	0%	0g
Saturated fat	0g	0%	0g
Total Carbohydrates	12.0g	4%	9.6g
Sugars	11.5g	13%	9.2g
Dietary fibre	4.4g	15%	3.5g
Sodium	2.5mg	<1%	2mg
Potassium	104mg		83mg
Vitamin K^	24ug	30%	19ug
Total polyphenols^	389mg GAE		311mg GAE
Beta-carotene^	40ug		32ug
Lutein^	100ug		80ug
Anthocyanins^^	204mg		163mg

Source: Aust Food Comp Data or ^ USDA data
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**NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE –PERFECTION
STRAWBERRIES (1 CUP, RAW)**

NUTRITION INFORMATION			
Serving size: 150g (1 cup whole)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	138g		92g
Energy	164kJ	2%	109kJ
Protein	1.1g	2%	0.7g
Total fat	0.3g	<1%	0.2g
Saturated fat	0g	0%	0g
Total Carbohydrates	6g	2%	4g
Sugars	5.7g	6%	3.8g
Dietary fibre	4g	13%	2.5g
Sodium	0mg	0%	0mg
Potassium	278mg		185mg
Folate eq	59ug	29%	39ug
Biotin	3ug	10%	2ug
Vitamin C	68mg	169%	45mg
Manganese	0.5mg	11%	0.36mg
Total polyphenols^	498mg GAE		332mg GAE
Anthocyanin^^	41mg		27mg

Source: Aust Food Comp Data or ^ USDA
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