



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

<b>NUTRITION INFORMATION</b>			
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  
 ^^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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