



**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
 *based on an average adult diet of 8700 kJ
 "<" means less than
 GAE means Gallic Acid Equivalents
 ^^Bhagwat et al

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

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