

Fruit and Vegetable Labels

Plums

Nutrition Facts

Serving Size 2 medium

Amount Per Serving

Calories 61 Calories from Fat 4

% Daily Value*

Total Fat 0.4g 1%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Potassium 207mg 6%

Total Carbohydrate 15g 6%

Dietary Fiber 2g 8%

Sugars 13g

Protein 1g

Vitamin A 10% • Vitamin C 20%

Calcium 0% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Sweet Potatoes

Nutrition Facts

Serving Size 1 medium

Amount Per Serving

Calories 103 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 40mg 2%

Potassium 540mg 15%

Total Carbohydrate 24g 8%

Dietary Fiber 4g 15%

Sugars 10g

Protein 2g

Vitamin A 440% • Vitamin C 35%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.