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| Apple |
| Amount = 1 Medium Apple (raw) |
| **Nutrient** | **% of Daily Target** |
| Total Calories | 72 | 4% limit |
| Protein | 0 g | - |
| Carbohydrate | 19 g | 15% target |
| Dietary Fiber | 3 g | 13% target |
| Total Sugars | 14 g | - |
| Added Sugars | 0 g | - |
| Total Fat | 0 g | - |
| **Minerals** |
| Calcium | 8 mg | 1% target |
| Potassium | 148 mg | 3% target |
| Sodium‡ | 1 mg | 0% limit |
| **Vitamins** |
| Vitamin A | 4 µg RAE | 1% target |
| Vitamin C | 6 mg | 8% target |

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| Blueberries |
| Amount = 1 Cup (raw) |
| **Nutrient** | **% of Daily Target** |
| Total Calories | 84 | 4% target |
| Protein | 1 g | 2% target |
| Carbohydrate | 21 g | 16% target |
| Dietary Fiber | 4 g | 14% target |
| Total Sugars | 15 g | - |
| Added Sugars | 0 g | - |
| Total Fat | 0 g | - |
| **Minerals** |
| Calcium | 9 mg | 1% target |
| Potassium | 114 mg | 2% target |
| Sodium‡ | 1 mg | 0% limit |
| **Vitamins** |
| Vitamin A | 4 µg RAE | 1% target |
| Vitamin C | 14 mg | 19% target |

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| Kiwi |
| Amount = 1 Whole Kiwi (raw) |
| **Nutrient** | **% of Daily Target** |
| Total Calories | 46 | 2% target |
| Protein | 1 g | 2% target |
| Carbohydrate | 11 g | 9% target |
| Dietary Fiber | 2 g | 9% target |
| Total Sugars | 7 g | - |
| Added Sugars | 0 g | - |
| Total Fat | 0 g | - |
| **Minerals** |
| Calcium | 26 mg | 3% target |
| Potassium | 237 mg | 5% target |
| Sodium‡ | 2 mg | 0% limit |
| **Vitamins** |
| Vitamin A | 3 µg RAE | <1% target |
| Vitamin C | 70 mg | 94% target |

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| Oranges |
| Amount = 1 Medium Orange (raw) |
| **Nutrient** | **% of Daily Target** |
| Total Calories | 62 | 3% target |
| Protein | 1 g | 3% target |
| Carbohydrate | 15 g | 12% target |
| Dietary Fiber | 3 g | 13% target |
| Total Sugars | 12 g | - |
| Added Sugars | 0 g | - |
| Total Fat | 0 g | - |
| **Minerals** |
| Calcium | 52 mg | 5% target |
| Potassium | 237 mg | 5% target |
| Sodium‡ | 0 mg | 0% limit |
| **Vitamins** |
| Vitamin A | 14 µg RAE | 2% target |
| Vitamin C | 70 mg | 93% target |

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