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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 | |  |