



Harvest of the Month

Raisins

Nutrition Facts

Serving Size: ¼ cup raisins (40g)

Calories 130

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 31g 10%

Dietary Fiber 2g 8%

Sugars 29g

Protein 1g

Vitamin A <2%

Calcium 2%

Vitamin C <2%

Iron 6%

Source: www.calraisins.org



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.
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Harvest of the Month

Dates

Nutrition Facts

Serving Size: ¼ cup dates (40g)

Calories 120

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	14%
Sugars 29g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 0%	Iron 2%

Source: www.datesaregreat.com





Harvest of the Month

Dried Figs

Nutrition Facts

Serving Size: ¼ cup dried figs (40g)

Calories 113

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 5g	20%
Sugars 20g	
Protein 1g	
Vitamin A <2%	Calcium 6%
Vitamin C <2%	Iron 6%

Source: www.californiafigs.com





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Dried Plums

Nutrition Facts

Serving Size: ¼ cup dried plums (40g)

Calories 110

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	10%
Sugars 13g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 4%	Iron 3%

Source: www.californiadriedplums.org



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