

# NUTRITIONAL INFORMATION

## Dole Tropical Gold Pineapple (fresh)

	<b>AVERAGE QUANTITY PER SERVING</b>	<b>AVERAGE QUANTITY PER 100g</b>
	Serving size = 2 slices, approx 120 grams	
<b>ENERGY</b>	236 kJ (56 cal)	202 kJ (48 cal)
<b>PROTEIN</b>	Less than 1g	Less than 1g
<b>FAT - TOTAL</b>	Less than 1g	Less than 1g
<b>FAT - SATURATED</b>	Less than 1g	Less than 1g
<b>CARBOHYDRATE</b>	14.6 g	12.6 g
<b>- SUGARS</b>	10.8 g	8.3 g
<b>SODIUM</b>	1 mg	Less than 1 mg
<b>VITAMIN C</b>	42 mg (106% RDI)*	36 mg

\*RDI = Recommended dietary intake. Pineapple is a low Glycemic Index(GI) food - GI = 51