

# Harvest of the Month

Plum

Calories

30

Total Fat

0g

Sodium

0mg

Sugars

7g

1  
plum

## FUN FACTS:

There are over 200 varieties of plums. They are grown on every continent except Antarctica.

Their sweetness comes from natural sugars that are digested slowly, giving plums a low glycemic index (GI).

Red-fleshed varieties have more nutrients than yellow flesh plums. They also have a higher sugar content which makes them sweeter.

Prunes are dried plums. California is the largest producer of dried plums.

This institution is an equal opportunity provider.

