Supplementary Material

**Supplementary Table 1** Nutrient content of IQF, purée with seeds, purée seedless and juice concentrate expressed as percent of Daily Value

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| --- | --- | --- | --- | --- | --- |
| **Nutrient** | **Daily Values (DV)1** | **%Daily Value (DV) per Serving of Red Raspberries** | | | |
| **IQF2**  **(140g) 3** | **Purée Seeds**  **(140g) 3** | **Purée Seedless**  **(140g) 3** | **Single Strength Juice**  **(240 mL)4** |
| Protein (g) | 50 | 3.2% | 3.1% | 2.9% | 1.8% |
| Total Fat (g) | 78 | 1.5% | 1.7% | 1.6% | 0.5% |
| Carbohydrates (g) | 275 | 6.4% | 5.9% | 4.1% | 5.8% |
| **Fiber (g)** | **28** | **21.5%\*** | **21.5% \*** | 4.5% | 1.2% |
| Added sugars, total (g) | 50g | 0% | 0% | 0% | 0% |
| Calcium (mg) | 1,300 | 2.6% | 2.5% | 1.5% | 2.2% |
| Iron (mg) | 18 | 5.9% | 5.4% | 8.4% | 1.9% |
| Magnesium (mg) | 420 | 7.7% | 8.3% | 5.0% | 8.0% |
| Phosphorus (mg) | 1,250 | 3.4% | 3.4% | 2.2% | 2.4% |
| Potassium (mg) | 4,700 | 5.5% | 5.8% | 5.0% | 7.5% |
| Sodium (mg) | 2,300 | 0.2% | 0.2% | 0.2% | 0.1% |
| Zinc (mg) | 11 | 3.9% | 3.9% | 2.3% | 3.5% |
| **Copper (mg)** | 0.9 | **14.0% ^** | **13.4% ^** | **10.6% ^** | 4.6% |
| **Manganese (mg)** | **2.3** | **37.1% \*** | **41.1% \*** | **20.9% \*** | **60.9% \*** |
| **Vitamin C (mg)** | **90** | **27.4% \*** | **22.7% \*** | **10.0% ^** | **12.7%^** |
| **Thiamin (mg)** | 1.2 | **10.4% ^** | 9.3% | **10.5% ^** | 6.3% |
| **Riboflavin (mg)** | 1.3 | **10.8% ^** | 9.7% | **10.8% ^** | 7.8% |
| Niacin (mg) | 16 | 5.9% | 4.0% | 4.3% | 7.3% |
| **Pantothenic acid (mg)** | 5 | **11.3% ^** | 8.7% | 8.7% | **16.2% ^** |
| Vitamin B6 (mg) | 1.7 | 5.1% | 3.0% | 4.9% | 4.4% |
| Folate, total (µg) | 400 | 9.8% | **10.5% ^** | **10.2% ^** | 0.7% |
| Vitamin A (µg, RAE) | 900 | 0.6% | 0.8% | 0.3% | 0.0% |
| Vitamin E (mg) | 15 | 5.0% | 5.1% | **10.3% ^** | 0.1% |
| Saturated Fat (g) | 20 | 0.5% | 0.4% | 0.5% | 0.1% |

1New FDA Labeling Daily Values: based on the reference caloric intake of 2,000 calories for adults and children aged 4 years and older

2 IQF, individual quick frozen (IQF) whole fruit

3Serving size is according to Reference Amounts Customarily Consumed (RACC).

4Each serving of single strength juice is 240 mL (RACC), containing 30g red raspberry juice concentrate. The dilution ratio for juice concentrate is 7 parts water to 1 part concentrate [16].

\* ≥ 20% DV, Excellent source [18]

^10-19% DV, Good source [18]