

# BROCCOLI AND CARROT



## Did you know?

In the United States, California produces 90% of the broccoli consumed by the world!

## PRODUCE PARTICULARS

Broccoli was first grown in Italy in ancient Roman times and was introduced to England and America in the 1700s.



Carrots have a special nutrient called beta carotene that helps you see well, grow strong, and stay healthy.



Broccoli is called the "Crown Jewel of Nutrition" because it has lots of amazing things in it that our bodies love, like fiber, Vitamin C, and Vitamin K. These nutrients keeps our tummies happy, our immune system strong, and our heart healthy!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 40**

% Daily Value \*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	50mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	10%
Total Sugars	3g	
Includes	0g Added Sugars	0%
<b>Protein</b>	<b>2g</b>	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.5mg	2%
Potassium	320mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Broccoli, Raw, Carrots, Raw

# FRESHEALTH