## BROCCOLI AND CAULIFLOWER



Some people call broccoli "little trees". Can you see why? What could you nickname cauliflower? What about "little clouds"?

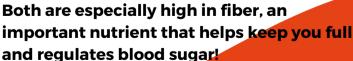


## PRODUCE PARTICULARS

Broccoli is like a superhero food because it's filled with special vitamins and minerals that make our bodies strong and healthy, like Vitamin C, which helps us fight off germs, and Vitamin K, which helps our bones stay super strong!



**Cauliflower is packed with Vitamin C that** helps keep us strong and healthy, and has fiber that helps our tummies feel good.





Nutrition Fa	acts
1 serving per container Serving size	100 g
Amount per serving Calories	30
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 310mg	6%
* The % Daily Value (DV) tells you how nutrient in a serving of food contribut daily diet. 2,000 calories a day is use general nutrition advice.	es to a
Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4

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