

# CARROT & PARSNIP COINS



These are cut into circle, or coin shaped pieces. Do you know the names of the money coins in the US and the amount of each one?  
Ex: Penny = 1 cent

## PRODUCE PARTICULARS

Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.



Parsnips are an excellent source of vitamins C, B9 and K, and minerals such as potassium, iron, calcium and copper.



These make a great snack together and dipped in ranch, hummus or peanut butter makes it a super duper snack!



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>60</b>
	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 40mg	2%
<b>Total Carbohydrate</b> 14g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 350mg	8%

\* 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

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