

CARROT & RADISH 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 and radishes are both root vegetables! Other root vegetables include: potatoes, beets, parsnips, rutabagas, turnips, and sweet potatoes.



Carrots are an excellent source of vitamin A and Radishes are a good source of vitamin C and B9. Both are high in potassium. Both veggies are a good source of Vitamin K, which helps your body heal when you get a cut or scrape!



Nutrition Facts

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 55mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 280mg	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