

CELERY STICKS & GRAPE TOMATOES



Tomatoes start out green when on the vine, then turn red when ripened. What other foods change colors as they grow and ripen?

PRODUCE PARTICULARS

Celery contains Vitamins A, C and K and a great source of potassium and folate that help support your growing body!

Grape tomatoes are low in calories but high in fiber, Vitamins A and C and carotenoid antioxidants such as lutein, lycopene and beta carotene.

Celery is a low-calorie vegetable with a high water content that contains a sizable dose of fiber along with some vitamins and minerals. It's a convenient on-the-go snack!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	15
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 250mg	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: Celery, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

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