

FRESHHEALTH

STRAWBERRIES & BLUEBERRIES

2 oz preportioned serving



FOOD FACTS

- Strawberries contain less carbohydrates and sugar than blueberries. But blueberries are known to have more fiber. Both berries are known to be a good source of natural sugar to keep you energized.
- Both strawberries and blueberries are rich in antioxidants and anti-inflammatory compounds. These compounds can help combat illness and fight against free radicals that lead to multiple chronic diseases like diabetes, cancer and heart diseases.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	28
Calories	
	% Daily Value *
Total Fat 0.2g	0 %
Total Carbohydrate 6.1g	2 %
Dietary Fiber 1.2g	4 %
Sugar 3.7g	
Protein 0.4g	1 %
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0.3mg	2 %
Potassium 57mg	1 %

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

Strawberries and blueberries are tiny fruits with BIG names!

Can you count how many letters are in "strawberry"?
How many syllables are in "blueberry"?

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HONEYDEW & CANTALOUPE CHUNKS

2 oz preportioned serving



FOOD FACTS

- Honeydew melon contains several nutrients that are vital for repairing and maintaining strong bones, including folate, Vitamin K and magnesium. Its high content of Vitamin C supports your immune system and healthy skin.
- Cantaloupe is high in beta-carotene, giving it a beautiful orange coloring. It's also a rich source of Vitamin C, A, and potassium, magnesium, Vitamin K, zinc and folate.
- Both cantaloupe and honeydew melon are about 90% water and contain abundant electrolytes. This combination of water and nutrients makes these melons great for hydrating after a recess, when you feel sick or if you're just trying to stay hydrated throughout the day.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	20
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 10mg	0 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 0.5g	2 %
Sugar 4.6g	
Protein 0.3g	1 %
Vitamin D 0mcg	0 %
Calcium 3.4mg	0 %
Iron 0.1mg	1 %
Potassium 129mg	3 %

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TRY IT!

What colors do you see in your snack pack?

What other fruits are
Orange
or **Green**?

CHERRY TOMATOES

3 oz preportioned serving



FOOD FACTS

- Cherry tomatoes are a small variety of tomato that is named for its shape which resembles a cherry. Sometimes sold on the vine, the vegetable can be red, yellow, orange, green or almost black.
- Cherry tomatoes are low in calories but high in fiber, vitamins A and C, and carotenoid antioxidants such as lutein, lycopene and beta carotene.
- Eating these may protect or improve heart health, lower your risk of certain diseases and support healthy skin.

Nutrition Facts	
Portion Size	85 g
<hr/>	
Amount Per Portion	22
Calories	
<hr/>	
	% Daily Value *
Total Fat 0g	0 %
Sodium 52mg	2 %
Total Carbohydrate 4.2g	2 %
Dietary Fiber 1.4g	5 %
Sugar 2.8g	
Protein 1.4g	3 %
Vitamin D mcg	N/A
Calcium 28mg	2 %
Iron 1mg	6 %
Potassium mg	N/A

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TRY IT!

What shape is the food you are eating?

Can you name other foods that are the same shape?

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CARROT & RADISH COINS

2 oz preportioned serving



Nutrition Facts

Portion Size 57 g

Amount Per Portion

Calories 23

% Daily Value *

Total Fat 0.1g 0 %

Sodium 39mg 2 %

Total Carbohydrate 5.4g 2 %

Dietary Fiber 1.6g 6 %

Sugar 2.7g

Protein 0.5g 1 %

Vitamin D 0mcg 0 %

Calcium 19mg 1 %

Iron 0.2mg 1 %

Potassium 181mg 4 %

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FOOD FACTS

- Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.
- Radishes are high in Vitamin C, calcium and potassium. They are said to lower high blood pressure due to naturally occurring nitrates that improve blood flow.
- The average person consumes 10,866 pounds of carrots in their lifetime!
- The amount of radishes sold every year in the US is equal to the weight of 40 blue whales. Whoa!

TRY IT!

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: The penny = 1 Cent



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PEAR SLICES

2 oz preportioned serving



FOOD FACTS

- There are more than 3,000 types of pears throughout the world. They can range from Anjou to Williams. Each type varies by size, shape, sweetness and crispness.
- China is the largest producer of pears in the world followed by Europe, with the United States coming in as the third largest producer.
- Pears are especially rich in folate, Vitamin C, copper and potassium. They're are a powerhouse fruit, packing fiber, beneficial plant compounds and antioxidants!

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	32
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 8.6g	3 %
Dietary Fiber 1.8g	6 %
Sugar 5.5g	
Protein 0.2g	0 %
Vitamin D 0mcg	0 %
Calcium 5.1mg	0 %
Iron 0.1mg	1 %
Potassium 66mg	1 %

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DID YOU KNOW?

They were given the nickname "butter fruit" in the 1700s because of their soft, buttery texture.

What types of food do you put actual butter on?



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CELERY STICKS & GRAPE TOMATOES

2 oz preportioned serving



FOOD FACTS

- Celery is rich in 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	
Portion Size	57 g
Amount Per Portion	14
Calories	
% Daily Value *	
Total Fat 0g	0 %
Sodium 115mg	5 %
Total Carbohydrate 2.8g	1 %
Dietary Fiber 0.5g	2 %
Sugar 1.8g	
Protein 0.5g	1 %
Vitamin D mcg	N/A
Calcium 6.2mg	0 %
Iron mg	N/A
Potassium 111mg	2 %

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DID YOU KNOW?

Tomatoes start out green when on the vine, then as the sun touches them, they ripen and turn red.

What other foods change colors as they grow and ripen?



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GOLDEN KIWI SLICES

2 oz preportioned serving



FOOD FACTS

- A gold kiwi has some distinctive differences from a traditional green kiwi. Initially you'll notice the difference in flesh color and amount of seeds. Also, a green kiwi has fuzzy brown skin and oval shape and the gold kiwi has smooth, hairless skin that's a nice golden-brown color and a rounder shape.
- The taste of a golden kiwi is cross between a mango and a strawberry.
- Kiwi have 2x the Vitamin C of oranges and are a rich source of Vitamin E and K. Compared to other fruits, kiwi have the greatest amount of vitamins & fiber per gram than any other fruit.

Nutrition Facts

Serving Size Kiwi 2 oz (57 g)
Servings per container 1

Amount Per Serving

Calories 35 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 2mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 8%

Sugars 5g

Protein 1g

Vitamin A 1% • Vitamin C 87%

Calcium 2% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

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DID YOU KNOW?

A kiwi is technically considered a berry.

What other fruits can you name that are berries?



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SNOW PEAS



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	23
% Daily Value *	
Total Fat 0g	0 %
Total Carbohydrate 4g	1 %
Dietary Fiber 1.4g	5 %
Sugar 2g	
Protein 1.3g	3 %
Vitamin D mcg	N/A
Calcium 27mg	2 %
Iron 1.2mg	7 %
Potassium 113mg	2 %

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FOOD FACTS

- Snow peas are high in Vitamin C and are a good source of Vitamins A and K as well as iron and magnesium.
- Snow peas are quite similar to typical peas, except they have a softer pod and taste sweeter.
- Snow peas are unique because although they're legumes, they are considered part of the protein and vegetable groups.

DID YOU KNOW?

The French term for snow peas is *mangetout*, which basically means "eat it all" This means you don't have to cut off or peel anything to eat this food.

What other foods can you eat "it all"?

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BLACK GRAPES



2 oz preportioned serving

Nutrition Facts	
Portion Size	85 g
Amount Per Portion	55
Calories	
	% Daily Value *
Total Fat 0.6g	1 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0.6g	2 %
Sugar 14g	
Protein 0.6g	1 %
Vitamin D mcg	N/A
Calcium 12mg	1 %
Iron 0.2mg	1 %
Potassium mg	N/A

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FOOD FACTS

- The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!
- Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.
- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

TRY IT!

There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.

Can you find something around you that's each of these colors?

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WATERMELON RADISH COINS

2.5 oz preportioned serving



FOOD FACTS

- Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.
- Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C. This colorful vegetable is also a good source of phytochemicals and antioxidants.

Nutrition Facts

Serving Size Radish Sliced 2.5oz (71 g)
Servings per container 1

Amount Per Serving

Calories 12 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0%

Trans Fat

Cholesterol 0%

Sodium 28mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 0% • Vitamin C 18%

Calcium 2% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

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DID YOU KNOW?

Radishes can be green, white, yellow, pink, purple, red and even black!

What other foods come in different colors like this?

