FRESHEALTH

TURNIP WEDGES

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 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

* 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

PRODUCE PARTICULARS

- Most turnip varieties have a slightly spicy taste if eaten raw.

- Turnips are a good source of potassium, calcium, and vitamin C

- Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!

DID YOU KNOW?

There are over 30 varieties of turnips which differ in size, color, and flavor.

Can you count to 30? What about counting to 30 by 5's?

22290

FRESHEALTH

RED GRAPES

PRODUCE PARTICULARS

- 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 the blood to heal wounds and builds healthy bones.

- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

Nutrition Facts

1 serving per container

Serving size	100 g

Amount per serving

Calories	70

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 190mg	4%

* 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: Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

DID YOU KNOW?
Grapes are a type of berry!

Can you name some other berries that are red like grapes?

22284

FRESHEALTH

FRUIT CUP

Nutrition Facts

1 serving per container

Serving size	100 g

Amount per serving

Calories	45

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	4%

* 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: Melons, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

PRODUCE PARTICULARS

- Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.

- Honeydew is the sweetest of all the melon varieties.

- Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.

TRY IT!

What Colors do you see?

Try naming all the colors you see in this fruit pack!

22286

FRESHEALTH

ASPARAGUS SPEARS

Nutrition Facts

1 serving per container

Serving size	**100 g**

Amount per serving

Calories	**20**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.1mg	10%
Potassium 200mg	4%

* 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: Asparagus, Raw

PRODUCE PARTICULARS

- Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients, including Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.

- It takes about three years from seed to get your first harvest from a garden asparagus plant.

- White asparagus and green asparagus come from the same plant. Green asparagus gets its color from sunlight. For white asparagus, sunlight is prevented from touching the plant by piling dirt on top of the stalks!

DID YOU KNOW?

If you watch closely, you can actually see asparagus grow! During warm summer weather asparagus can grow up to 7 inches in a single day.

Can you count to 7?

What is 7+7?

Can you try 7x7?

22290