

FRESHHEALTH.

GRAPEFRUIT



4 oz preportioned serving

Nutrition Facts	
Portion Size	113 g
<hr/>	
Amount Per Portion	
Calories	48
<hr/>	
	% Daily Value *
Total Fat 0.2g	0 %
Total Carbohydrate 12g	4 %
Dietary Fiber 1.8g	6 %
Sugar 7.8g	
Protein 0.9g	2 %
<hr/>	
Vitamin D 0mcg	0 %
Calcium 25mg	2 %
Iron 0.1mg	1 %
Potassium 153mg	3 %
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<small>* 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.</small>	

FOOD FACTS

- Perfect to **ENERGIZE!** Grapefruits have more Vitamin A than oranges and are high in Vitamin C, giving you energy.
- These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.
- Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.

TRY IT!

Grapefruit can come in red, white, yellow and pink!

Can you find something around you that is each of these colors?

FRESHHEALTH

KIWI FRUIT SLICES

2 oz preportioned serving



FOOD FACTS

- Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.
- Kiwi have 2X the Vitamin C of oranges and are a rich source of Vitamin E & 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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Do you think the outside
of your fruit looks like
this bird's fur?



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PAPAYA CHUNK

2 oz preportioned serving



FOOD FACTS

- The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.
- The health benefits of papaya include better digestion, immune system support and better heart health. Papaya is also believed to prevent cancer because of its powerful antioxidants.
- One of the most popular tropical fruits worldwide, papaya is ranked fourth in total tropical fruit production after bananas, oranges, and mango.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	24
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 4.5mg	0 %
Total Carbohydrate 6.1g	2 %
Dietary Fiber 1g	4 %
Sugar 4.4g	
Protein 0.3g	1 %
Vitamin D 0mcg	0 %
Calcium 11mg	1 %
Iron 0.1mg	1 %
Potassium 103mg	2 %

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DID YOU KNOW?

The papaya was introduced to Hawaii in the early 1800s. Today, **Hawaii** is the only U.S. state that grows papayas commercially.

Can you find Hawaii on a map?



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GOLDEN BEET COINS

2 oz preportioned serving



FOOD FACTS

- Beets come in several colors—golden, white, purple, pink and even striped!
- Need a little energy? The nitrates in beets help your blood carry more oxygen, which in turn helps the blood cells in your body perform at their best!
- Beets have the highest sugar content of any vegetable.

Nutrition Facts	
Portion Size	57 g
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Amount Per Portion	20
Calories	
<hr/>	
% Daily Value *	
Total Fat 0g	0 %
Sodium 506mg	22 %
Total Carbohydrate 8.1g	3 %
Dietary Fiber 2g	7 %
Sugar 2g	
Protein 2g	4 %
<hr/>	
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0mg	0 %
Potassium mg	N/A
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DID YOU KNOW?

In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were served beet soup on the space ship!



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RAINBOW CAULIFLOWER

2 oz preportioned serving



FOOD FACTS

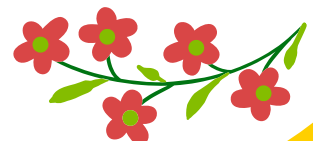
- Cauliflower comes in varying colors other than white, like green, purple and orange.
- Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas and Brussels sprouts.
- This vegetable is loaded with vitamins! 1 cup contains about 75% of your recommended daily intake of Vitamin C.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	14
% Daily Value *	
Total Fat 0g	0 %
Sodium 16mg	1 %
Total Carbohydrate 3.3g	1 %
Dietary Fiber 1.4g	5 %
Sugar 1.3g	
Protein 1.3g	3 %
Vitamin D mcg	N/A
Calcium 14mg	1 %
Iron 0.2mg	1 %
Potassium mg	N/A

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Cauliflower is well-named because it really is a flower.

The part that we eat consists of a cluster of flower heads. If left alone, these would produce a cluster of tiny flowers.



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WATERMELON



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
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Amount Per Portion	17
Calories	
<hr/>	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 4.3g	2 %
Dietary Fiber 0.2g	1 %
Sugar 3.5g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 4mg	0 %
Iron 0.1mg	1 %
Potassium 64mg	1 %
<hr/>	
* 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.	

FOOD FACTS

- Watermelon is grown in 44 states. Florida grows the most of any state.
- Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.
- Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!

A watermelon is one of few foods to be classified as both a fruit and a vegetable!

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TRI COLOR BELL PEPPERS

2 oz preportioned serving



FOOD FACTS

- These peppers are low in calories and a vibrant source of Vitamins C and B6.
- Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!
- Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	14
% Daily Value *	
Total Fat 0g	0 %
Total Carbohydrate 3.3g	1 %
Dietary Fiber 0.7g	2 %
Sugar 1.3g	
Protein 0.7g	1 %
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0.2mg	1 %
Potassium mg	N/A

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These Colors are like the ones we see on stoplights.

Do you know what each color means?



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MINI SWEET PEPPERS

3 oz preportioned serving



FOOD FACTS

- Bell peppers, like most other peppers, are native to Central and South America.
- Bell peppers are a great source of Vitamin C. Red bell peppers having the most Vitamin C!
- Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!

Nutrition Facts	
Portion Size	85 g
Amount Per Portion	25
Calories	
% Daily Value *	
Total Fat 0g	0 %
Total Carbohydrate 5g	2 %
Dietary Fiber 1g	4 %
Sugar 3g	
Protein 1g	2 %
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0.4mg	2 %
Potassium 180mg	4 %

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TRY IT!

These peppers come in a variety of colors.

Can you name all the **colors** you see?