

# FRESHHEALTH.

## RAINBOW CARROT COINS

2.5 oz preportioned serving



### FOOD FACTS

- Rainbow Carrots are a great source of Vitamin A. One medium carrot provides more than 200% of your recommended daily intake.
- A rainbow in every pack! Each color tastes slightly different and contains a specific set of phytonutrients and antioxidants, which offer slightly different nutritional benefits.
- These make a great raw snack you can serve with ranch, hummus, or peanut butter.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	<b>23</b>
Calories	
% Daily Value *	
Total Fat 0g	0 %
Sodium 40mg	2 %
Total Carbohydrate 5.3g	2 %
Dietary Fiber 1.4g	5 %
Sugar 2.7g	
Protein 0.7g	1 %
Vitamin D mcg	N/A
Calcium 14mg	1 %
Iron 0mg	0 %
Potassium mg	N/A

\* 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.

### TRY IT!

Have students practice their colors by naming ones found in their pack!

## TURNIP WEDGES

2.5 oz preportioned serving



### FOOD FACTS

- Most turnip varieties have a slightly spicy taste if eaten raw.
- Turnips are rich in Vitamin C and contain reasonable amounts of Vitamins B-6, A, and K in addition to trace minerals.
- Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!

#### Nutrition Facts

Portion Size 71 g

Amount Per Portion

**Calories 20**

% Daily Value \*

Total Fat 0.1g 0 %

Sodium 47mg 2 %

Total Carbohydrate 4.6g 2 %

Dietary Fiber 1.3g 5 %

Sugar 2.7g

Protein 0.6g 1 %

Vitamin D 0mcg 0 %

Calcium 21mg 2 %

Iron 0.2mg 1 %

Potassium 135mg 3 %

\* 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.

#### 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?**

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## MINNEOLA

3 oz preportioned serving



### FOOD FACTS

- The Minneola is a cross between a tangerine and a grapefruit.
- The perfect combination of sweet and tangy!
- It is named after Minneola, Florida, where the fruit originated and is abundantly grown.
- Minneolas are an excellent source of fiber to stimulate the digestive tract and Vitamin C to strengthen the immune system.

Nutrition Facts	
Portion Size	85 g
Amount Per Portion	
<b>Calories</b>	<b>45</b>
	% Daily Value *
Total Fat 0.3g	0 %
Sodium 1.7mg	0 %
Total Carbohydrate 11g	4 %
Dietary Fiber 1.5g	5 %
Sugar 9g	
Protein 0.7g	1 %
Vitamin D 0mcg	0 %
Calcium 31mg	2 %
Iron 0.1mg	1 %
Potassium 141mg	3 %

\* 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.

### DID YOU KNOW?

This fruit has the nickname "The Honeybell" because of its bell shape.



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## UGLI FRUIT WEDGES

3 oz preportioned serving



### FOOD FACTS

- Ugli fruit is grown in Jamaica and is a cross between an orange and a grapefruit. It's sweet and tangy with orange flesh and its thick, rough, bumpy skin is greenish orange or sometimes yellow.
- Abundant in Vitamin C, it supports your body in wound healing and the development of collagen, a key component of skin, muscle and connective tissue. It also contains folate, calcium and potassium — vital nutrients that play important roles in metabolism, muscle control, bone health and heart health.

### Nutrition Facts

Ugli Fruit Serving size (100g)

Amount Per Serving

Calories 50

[www.ihcare.ae](http://www.ihcare.ae) % Daily Value\*

Total Fat 0g 0%

Saturated Fat 0.14g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 0mg 0%

Potassium 188mg 4%

Vitamin C 90% 90%

Folate 8% 8%

\*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.

### DID YOU KNOW?

There are over 100 different varieties of citrus fruits.

Can you name other kinds of citrus fruits?

