

# FRESHHEALTH.

## SWEET POTATO COINS



### PRODUCE PARTICULARS

- Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.
- Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!
- Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.

### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 340mg	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.	
Calories per gram:	
Fat 9	• Carbohydrate 4
	• Protein 4

### DID YOU KNOW?

Sweet potatoes come in a variety of colors. Their skin can be brown, yellow, orange, red or purple. And their insides--called flesh--can be white, orange or purple!

## SNOW PEAS



### PRODUCE PARTICULARS

- 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.

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 40**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 40mg 4%

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

### 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"?**

# FRESHHEALTH.

## MINNEOLA



### PRODUCE PARTICULARS

- The Minneola is a cross between a tangerine and a grapefruit. Making it 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

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<hr/>	
Amount per serving	
<b>Calories</b>	<b>45</b>
<hr/>	
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 180mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

### DID YOU KNOW?

This fruit has the nickname "The Honeybell" because of its bell shape and sweet honey flavor.



# FRESHHEALTH.

## GRAPEFRUIT WEDGES



### PRODUCE PARTICULARS

- 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.

### 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 0mg 0%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.1mg 0%

Potassium 140mg 2%

\* 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

### TRY IT!

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

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

# FRESHHEALTH.

## GOLDEN BEET COINS



### PRODUCE PARTICULARS

- Beets come in several colors—golden, white, purple, pink and even striped!
- Need a little energy? The nitrates in beets have been shown to 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		
1 serving per container		
<b>Serving size</b>	<b>100 g</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>45</b>	
<b>% Daily Value *</b>		
<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 80mg	<b>3%</b>	
<b>Total Carbohydrate</b> 10g	<b>3%</b>	
Dietary Fiber 3g	<b>10%</b>	
Total Sugars 8g		
Includes 0g Added Sugars	<b>0%</b>	
<b>Protein</b> 2g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 0.8mg	4%	
Potassium 320mg	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: Beets, Golden		

### DID YOU KNOW?

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

## DAIKON RADISH COINS



### PRODUCE PARTICULARS

- Daikon radish have a crunchy, snap-like texture and a mild, semi-sweet, and peppery, tangy flavor.
- Daikon radish leaves are also edible and have a pungent, green, and grassy taste.
- It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

### 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 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.4mg 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:

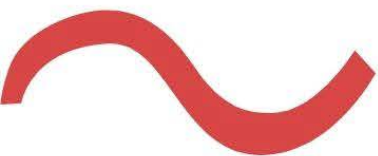
Fat 9 • Carbohydrate 4 • Protein 4

### DID YOU KNOW?

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

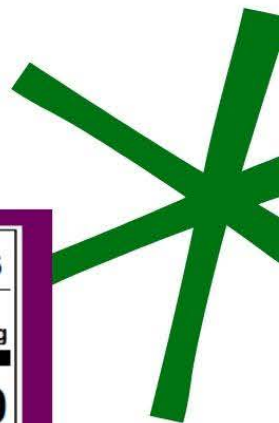
What other foods come in different colors like this?





# FRESHHEALTH.

## CHERRY TOMATOES



### PRODUCE PARTICULARS

- 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	
1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>20</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 240mg	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

### TRY IT!

What shape is the food you are eating?

Can you name other foods that are the same shape?



# FRESHHEALTH.

## CELERY STICKS



### PRODUCE PARTICULARS

- Celery is rich in Vitamins A, C, and K and a great source of potassium and folate that are good for growing bodies!
- 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!
- Celery has three varieties, leaf celery, celeriac and Pascal, which are all cultivated and eaten in the U.S.

### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 2g	<b>6%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0.2mg	<b>2%</b>
Potassium 260mg	<b>6%</b>
<small>* 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.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	
<b>INGREDIENTS:</b> Celery, Raw	

### DID YOU KNOW?

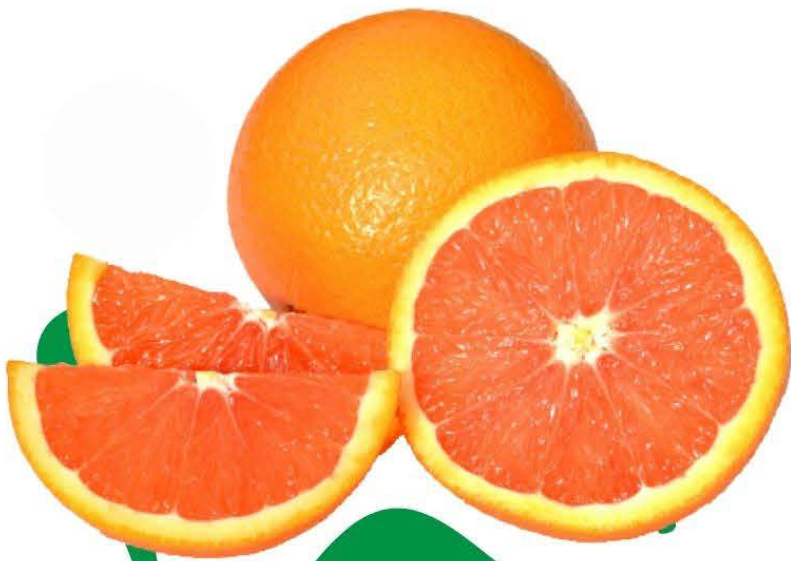
The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.





# FRESHHEALTH.

## CARA CARA ORANGES



### PRODUCE PARTICULARS

- Cara cara oranges are an excellent source of Vitamin C, and also contain folate, fiber, and potassium!
- They also contain lycopene, a powerful antioxidant that gives them a beautiful pinkish-red color on the inside!
- These oranges are seedless, easy to peel, and typically sweeter than other citrus fruits!

### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 2g	<b>9%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 40mg	<b>4%</b>
Iron 0.1mg	<b>0%</b>
Potassium 180mg	<b>4%</b>
* 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

### DID YOU KNOW?

Cara cara oranges were created from a mutation on a Washington navel orange tree, and has only been sold in the United States since the 1980s!



# FRESHHEALTH.

## BLOOD ORANGE WEDGES



### PRODUCE PARTICULARS

- Blood oranges are an excellent source of Vitamin C, and contain many antioxidant compounds.
- They also contain Anthocyanins, a powerful antioxidant that gives them a deep red color on the inside!
- Fruits that are high in Vitamin C, like blood oranges, can help boost your immune system and fight off colds!

### 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 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 8%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.1mg 0%

Potassium 170mg 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

### DID YOU KNOW?

Blood oranges are often called "raspberry oranges" because of their red color and their raspberry-like taste!

