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DoD Fresh

CARROT COINS

2 oz proportioned serving



Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.

The orange color results from abundant beta-carotene which is a strongly colored red-orange pigment that helps maintain healthy skin, good eye health and vision and boosts the immune system!

Nutrition Facts

Portion Size	71 g
Amount Per Portion	29
Calories	
	% Daily Value *
Total Fat 0.2g	0 %
Sodium 49mg	2 %
Total Carbohydrate 6.6g	2 %
Dietary Fiber 2g	7 %
Sugar 3.4g	
Protein 0.7g	1 %
Vitamin D 0mcg	0 %
Calcium 23mg	2 %
Iron 0.2mg	1 %
Potassium 227mg	5 %

* 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.

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BELL PEPPER COMBO

2 oz proportioned serving



Bell peppers are a great source of Vitamin A and Vitamin C! These peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!

Nutrition Facts

Portion Size	57 g
Amount Per Portion	15
Calories	
	% Daily Value *
Total Fat 0g	0 %
Total Carbohydrate 3.5g	1 %
Dietary Fiber 0.7g	2 %
Sugar 0.3g	
Protein 0.5g	1 %
Vitamin D mcg	N/A
Calcium 5.1mg	0 %
Iron 0.2mg	1 %
Potassium mg	N/A

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STRAWBERRIES

2 oz proportioned serving



Strawberries contain 80 percent of the recommended daily allowance of Vitamin C. They are an excellent source of potassium, which can help control blood pressure and prevent strokes. These berries are packed with fiber and help reduce the body's total cholesterol levels.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	18
Calories	
	% Daily Value *
Total Fat 0.2g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 4.4g	2 %
Dietary Fiber 1.1g	4 %
Sugar 2.8g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 0.1mg	1 %
Iron 0.2mg	1 %
Potassium 87mg	2 %

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CAULIFLOWER & BROCCOLI

2 oz proportioned serving



It may surprise you that Cauliflower packs more Vitamin C per serving than oranges! Broccoli is a great source of Vitamins C, K, B6, and E. It is also a good source of potassium, manganese, calcium and iron.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	16
% Daily Value *	
Total Fat 0g	0 %
Sodium 16mg	1 %
Total Carbohydrate 2.7g	1 %
Dietary Fiber 1.4g	5 %
Sugar 0.7g	
Protein 1.3g	3 %
Calcium 14mg	1 %
Iron 0.5mg	3 %

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BROCCOLI

2 oz proportioned serving



Broccoli is known as the “Crown Jewel of Nutrition” because it is high in many nutrients, including fiber, Vitamin C, Vitamin K, iron and potassium. It also boasts more protein than most other vegetables.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	19
	% Daily Value *
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 19mg	1 %
Total Carbohydrate 3.8g	1 %
Dietary Fiber 1.5g	5 %
Sugar 1g	
Protein 1.6g	3 %
Vitamin D 0mcg	0 %
Calcium 27mg	2 %
Iron 0.4mg	2 %
Potassium 179mg	4 %

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ASPARAGUS

2 oz proportioned serving



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.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	11
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 1.1mg	0 %
Total Carbohydrate 2.2g	1 %
Dietary Fiber 1.2g	4 %
Sugar 1.1g	
Protein 1.3g	3 %
Vitamin D 0mcg	0 %
Calcium 14mg	1 %
Iron 1.2mg	7 %
Potassium 115mg	2 %

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WATERMELON & BLUEBERRY

2 oz proportioned serving



Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.

Blueberries are full of essential nutrients like Vitamin C and manganese. They are loaded with Vitamin K, an essential nutrient in maintaining healthy bones and blood.

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 %

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**I'M
NEW!**

STRAWBERRY & BLUEBERRY

2 oz proportioned serving



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 disease.

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 %

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WATERMELON

2 oz proportioned serving



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!

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	17
% 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 %

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BLUEBERRIES

2 oz proportioned serving



Blueberries are full of essential nutrients, including Vitamin C and the mineral manganese, which helps the body process cholesterol and nutrients like carbohydrates and protein. They're loaded with Vitamin K, a key nutrient in maintaining healthy bones and blood.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	32
Calories	
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 8.2g	3 %
Dietary Fiber 1.4g	5 %
Sugar 5.7g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 3.4mg	0 %
Iron 0.2mg	1 %
Potassium 44mg	1 %

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CAULIFLOWER

2 oz proportioned serving



Cauliflower is an excellent source of Vitamin C, Vitamin K, folate, pantothenic acid, and Vitamin B6. It's also a great source of choline, dietary fiber, omega-3 fatty acids, manganese, phosphorus, and biotin. Talk about a powerhouse veggie!

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	14
	% Daily Value*
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 17mg	1 %
Total Carbohydrate 2.8g	1 %
Dietary Fiber 1.1g	4 %
Sugar 1.1g	
Protein 1.1g	2 %
Vitamin D 0mcg	0 %
Calcium 12mg	1 %
Iron 0.2mg	1 %
Potassium 170mg	4 %

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YELLOW SQUASH COINS

2 oz proportioned serving



Yellow Squash is high in Vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium--a seriously power-packed veggie!

California is the number one state in squash production followed by Florida, Georgia, and Michigan.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	15
% Daily Value *	
Total Fat 0.4g	1 %
Sodium 3.4mg	0 %
Total Carbohydrate 3.1g	1 %
Dietary Fiber 1.2g	4 %
Protein 0.5g	1 %
Calcium 6.2mg	0 %
Iron 0.2mg	1 %
Potassium 147mg	3 %

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GRAPE TOMATO

2 oz proportioned serving



Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color. A 2 ounce portion meets a little more than 20 percent of the daily value for Vitamin C and over 50 percent of the daily value for Vitamin A.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	15
	% Daily Value *
Total Fat 0.4g	1 %
Sodium 3.4mg	0 %
Total Carbohydrate 3.1g	1 %
Dietary Fiber 1.2g	4 %
Protein 0.5g	1 %
Calcium 6.2mg	0 %
Iron 0.2mg	1 %
Potassium 147mg	3 %

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ZUCCHINI COINS

2 oz proportioned serving



The health benefits of zucchini include improved digestion, lower blood sugar levels, healthy circulation and a healthy heart, improved eye health, improved thyroid and adrenal functions, and protection against oxidation and inflammation.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	10
	% Daily Value *
Total Fat 0g	0 %
Sodium 3.4mg	0 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0.7g	2 %
Sugar 1.3g	
Protein 0.7g	1 %
Vitamin D mcg	N/A
Calcium 6.8mg	1 %
Iron 0.2mg	1 %
Potassium 147mg	3 %

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CUCUMBER COINS

2 oz proportioned serving



Cucumbers contain enough sugar, Vitamin B and electrolytes to replenish essential nutrients the body lost after lots of activity, making these perfect for an after recess snack!

Cucumbers are 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	
Calories	8.5
% Daily Value*	
Total Fat 0.1g	0%
Sodium 1.1mg	0%
Total Carbohydrate 2.1g	1%
Dietary Fiber 0.3g	1%
Sugar 1g	
Protein 0.4g	1%
Vitamin D 0mcg	0%
Calcium 9.1mg	1%
Iron 0.2mg	1%
Potassium 83mg	2%

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RADISH COINS

2 oz proportioned serving



Radishes are a great source of Vitamin C and the greens on top are a great source of minerals like iron, potassium, and calcium.

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

Nutrition Facts

Portion Size	57 g
Amount Per Portion	9.1
Calories	
	% Daily Value *
Total Fat 0.1g	0 %
Sodium 22mg	1 %
Total Carbohydrate 1.9g	1 %
Dietary Fiber 0.9g	3 %
Sugar 1.1g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 14mg	1 %
Iron 0.2mg	1 %
Potassium 132mg	3 %

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APPLE SLICES

2 oz proportioned serving



Apples are a good source of fiber and Vitamin C. They also contain antioxidants, like Vitamin E, and polyphenols that contribute to the fruit's numerous health benefits.

Michigan ranks 3rd in the nation in apple production. There are more than 11.3 million apple trees, covering 35,500 acres on 825 family-run farms.

Michigan harvests about 1.05 billion pounds of apples per year.

Nutrition Facts

Portion Size	57 g
Amount Per Portion	29
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 7.8g	3 %
Dietary Fiber 1.4g	5 %
Sugar 5.9g	
Protein 0.2g	0 %
Vitamin D 0mcg	0 %
Calcium 3.4mg	0 %
Iron 0.1mg	1 %
Potassium 81mg	1 %

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