

# RED & GOLDEN BEET COINS



The different shades of rings you see in your slices are created by varying weather during growing season.



## PRODUCE PARTICULARS

Beets come in several colors—golden, white, purple, pink and even striped!



Beets have the highest sugar content of any vegetable.



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which helps the blood cells in your body perform at their best!



FRESHEALTH

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

	% Daily Value *
<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	10%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<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, Raw