

BLACK GRAPES



Black grapes get their color from anthocyanins, an antioxidant responsible for the color of other black, purple, and blue fruits and veggies.

PRODUCE PARTICULARS

The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	4g	14%
Total Sugars	0g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	0.3mg	2%
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

FRESHEALTH

ORANGE BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds! Most people think of them as vegetables.



PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.

Bell peppers are a great source of Vitamin C!

Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 25

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.5mg 2%

Potassium 210mg 4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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RED GRAPES



Grapes are a type of berry!

Can you name some other berries that are red like grapes?

PRODUCE PARTICULARS

The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!

Grapes are a good source of Vitamin K, which has been shown to help heal wounds and protect bones.

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 70

% Daily Value *

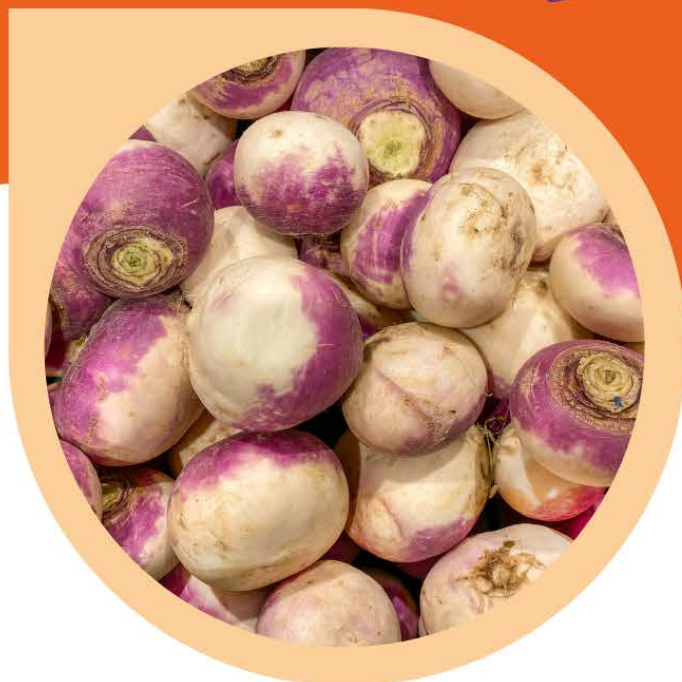
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 190mg	4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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TURNIP WEDGES



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?

PRODUCE PARTICULARS

Most turnip varieties have a slightly spicy taste if eaten raw.

Turnips are a good source of potassium, calcium, and vitamin C

Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!



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	65mg	3%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	6%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.3mg	2%
Potassium	190mg	4%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FRESHEALTH

SWEETANGO APPLES



Sweetango apples are a hybrid variety developed from a cross between the Honeycrisp and Zestar apples, combining the best qualities of both varieties!



PRODUCE PARTICULARS

Sweetango apples are known for their unique combination of sweetness and tanginess, making them a favorite among apple enthusiasts.

Like all apples, Sweetango apples are a good source of dietary fiber and vitamin C, which are important for digestive health and immune function.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	9%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 110mg	2%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FRESHEALTH

BROCCOLI FLORETS



Broccoli grows best in cooler climates, so the best tasting broccoli is usually planted late summer for fall harvest.

PRODUCE PARTICULARS

Broccoli is known as the "Crown Jewel of Nutrition" because it is a great way to get a variety of nutrients, including iron, potassium, calcium, fiber, Vitamin C, and plant protein.

In the United States, California produces 90% of the broccoli consumed by the world.

The word broccoli comes from the Latin word brachium and the Italian word braccio, which means "arm".



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 35

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 3g 9%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 3g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron 0.7mg 4%

Potassium 320mg 6%

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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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GRAPEFRUIT WEDGES



Grapefruit can come in red, white, yellow and pink! Can you find something around you that is each of these colors?

PRODUCE PARTICULARS

Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!

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%

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Calories per gram:
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SWEET POTATO COINS



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!

PRODUCE PARTICULARS

Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.

Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.

Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!



Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

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Fat 9 • Carbohydrate 4 • Protein 4

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