

# KUMQUATS



Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.

## PRODUCE PARTICULARS

Kumquats are a good source of Vitamins C & fiber.

Kumquats are native to South Asia and were introduced to America in the mid 1800s.

Kumquats' name derived from the Chinese word for golden orange.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 7g	<b>23%</b>
Total Sugars 9g	
Includes 0g Added Sugars <b>0%</b>	
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	4%
Potassium 190mg	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	

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# JICAMA STICKS



Can you practice the pronunciation of this word?

Jicama: "hick-uh-ma"

## PRODUCE PARTICULARS

Jicama is an excellent source of fiber, Vitamin C and is low in calories.

Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1800s.

Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.

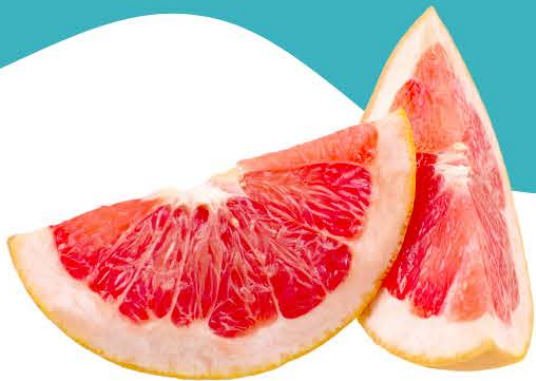


### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>40</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> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.6mg	4%
Potassium 150mg	4%
<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>	

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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	
<b>Calories</b>	<b>30</b>
% Daily Value *	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

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# WATERMELON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

## PRODUCE PARTICULARS

Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.

Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.

This colorful vegetable is also a good source of phytochemicals and antioxidants.



### 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%
<b>Protein 1g</b>	
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

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# CANTALOUPE



Can you list the other types of melons?

Which one is your favorite type of melon?

## PRODUCE PARTICULARS

Cantaloupe is high in beta-carotene, a natural pigment that gives both cantaloupe and carrots their orange color.



Cantaloupes are about 90% water and provide a delicious way to stay hydrated. They also provide potassium, an electrolyte that supports healthy hydration.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 35**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 270mg	6%

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

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# RED & GREEN BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though 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, with red bell peppers having the most.



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	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>25</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> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.4mg	<b>2%</b>
Potassium 190mg	<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	

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# MINNEOLA



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

## 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  
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	12g	4%
Dietary Fiber	2g	8%
Total Sugars	9g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.1mg	0%
Potassium	180mg	4%

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

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# BROCCOLI & GRAPE TOMATOES



Tomatoes are actually fruits- not veggies! The very first tomatoes of this type are thought to have been grown in Southeast Asia.

## PRODUCE PARTICULARS

Broccoli is like a superhero food because it's filled with special vitamins and minerals that make our bodies strong and healthy, like Vitamin C, which helps us fight off germs, and Vitamin K, which helps our bones stay super strong!



Grape tomatoes are a good source of fiber, contain Vitamins A, C, and lycopene!



Both are especially high in fiber, an important nutrient that helps keep you full and regulates blood sugar!



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
% 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> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 310mg	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.

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# BLOOD ORANGE WEDGES



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

## 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!



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### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>45</b>
* % 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%
<b>Protein 1g</b>	
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	

# CHERRY TOMATOES



What shape is the food you are eating?  
Can you name other foods that are the same shape?

## 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 provide Vitamins A & C, two nutrients that are important for your immune system.

Tomatoes get their red color from lycopene, an antioxidant that helps protect your cells. Cooking tomatoes with olive oil may make the lycopene more available for your body to use!



### Nutrition Facts

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