FRESHEALTH

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

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 80mg	**3%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 3g	**10%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 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

DID YOU KNOW?

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



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