FRESHEALTH

RAINBOW CARROT COINS



Nutrition Facts	
1 serving per container	
Serving size	**100 g**
Amount per serving	
Calories	**40**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 70mg	**3%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 3g	**10%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
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: Carrots, Raw

PRODUCE PARTICULARS

- Rainbow Carrots are a great source of Vitamin A. One medium carrot provides more than 200% of your recommended daily intake.
- A rainbow in every pack! Each color tastes slightly different and contains a specific set of phytonutrients and antioxidants, which offer slightly different nutritional benefits.

TRY IT!

- Have students practice their colors by naming ones found in their pack!

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