FRESHEALTH

CARROT & PARSNIP COINS



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 40mg	**2%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 4g	**14%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 350mg	8%

* 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

PRODUCE PARTICULARS

- Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.
- Parsnips are an excellent source of vitamins C, B9 and K, and minerals such as potassium, iron, calcium and copper.
- These make a great snack together and dipped in ranch, hummus or peanut butter makes it a super duper snack!

TRY IT!

These are cut into circle, or coin shaped pieces.

Do you know the names of the money coins in the US and the amount of each one?

Ex: The penny = 1 Cent



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