

# FRESHEALTH

## GOLDEN BEET COINS

2 oz proportioned serving



### FOOD FACTS

- Beets come in several colors—golden, white, purple, pink and even striped!
- Need a little energy? The nitrates in beets 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	
Portion Size	57 g
Amount Per Portion	20
<b>Calories</b>	<b>20</b>
% Daily Value *	
Total Fat 0g	0 %
Sodium 506mg	22 %
Total Carbohydrate 8.1g	3 %
Dietary Fiber 2g	7 %
Sugar 2g	
<b>Protein 2g</b>	<b>4 %</b>
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0mg	0 %
Potassium mg	N/A

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### DID YOU KNOW?

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

