FRESHEALTH

NOVEMBER 2026

THIS MONTH'S THEME:

Dig Into November

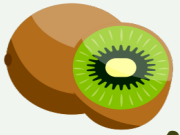
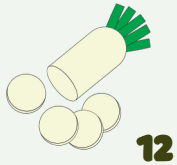
Let's discover the tasty treasures growing underground!

This month, you'll try a new root veggie each week, including parsnip, daikon, and sweet potato. Get ready to explore new flavors, colors, and crunches!

After each tasting, turn to a classmate and share three words that describe your snack. Was it crunchy, sweet, or earthy?

Compare your answers with your friends: did you notice the same things or discover something different?



MON	TUE	WED	THU	FRI
This week's options:				
Black Grapes, 50x2oz Orange Pepper Slices, 50x2oz				
26	 27	28	 29	 30
Kiwi, 50x2oz Parsnip Coins, 50x2oz				
2	3	 4	5	 6
Grapefruit Wedges, 50x4oz Daikon Radish Coins, 50x2oz				
9	 10	 11	 12	13
Apple & Grape Combo, 50x2oz Sweet Potato Coins, 50x2oz				
 16	17	 18	19	20
Thanksgiving Break!				
23	24	25	 26	27

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Dig Into November

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MON	TUE	WED	THU	FRI
This week's options:				
Black Grapes, 50x2oz Orange Pepper Slices, 50x2oz				
26	27 	28	29 	30 HAPPY HALLOWEEN
Kiwi, 50x2oz Parsnip Coins, 50x2oz				
2	3	4 	5	6 
Grapefruit Wedges, 50x4oz Daikon Radish Coins, 50x2oz				
9	10 	11 Veterans DAY	12 	13
Apple & Grape Combo, 50x2oz Sweet Potato Coins, 50x2oz				
16 	17	18 	19	20
Thanksgiving Break!				
23	24	25	26 happy thanksgiving	27

55235 | Black Grapes | 50-2 oz
03800 | Orange Pepper Slices | 50-2 oz
97016 | Kiwi Slices | 50-2 oz
02667 | Parsnip Coins | 50-2 oz
01718 | Grapefruit Wedges | 50-1/2 cup
05320 | Daikon Radish Coins | 50-2 oz
55011 | Apple & Grape Combo | 50-2 oz
02669 | Sliced Sweet Potatoes | 50-1/2 cup

BLACK GRAPES





Black grapes get their color from anthocyanins, an antioxidant responsible for the color of other black, purple, and blue fruits and veggies.

PRODUCE PARTICULARS

The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.

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 0mg	**0%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 4g	**14%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.3mg	2%
Potassium 200mg	4%

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

FRESHEALTH

ORANGE BELL PEPPER STRIPS





Peppers are actually fruits because they are produced from a flowering plant and contain seeds! 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!

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

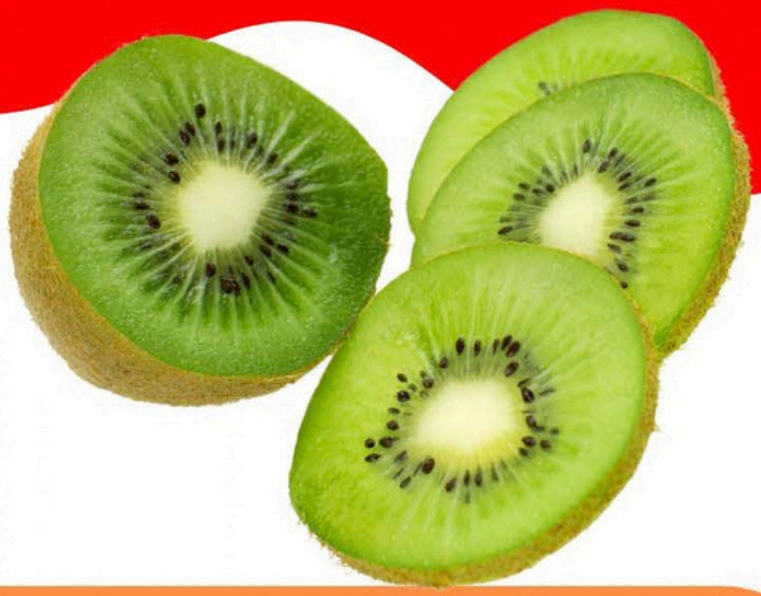
Serving size	**100 g**
Amount per serving	
Calories	**25**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 6g	**2%**
Dietary Fiber 1g	**3%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 210mg	4%

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

FRESHEALTH

KIWI SLICES





The kiwi fruit is named after a fuzzy bird called by the same name. Do you think the skin of a kiwi looks like a bird?

PRODUCE PARTICULARS

Kiwi have almost 2x the Vitamin C of oranges and are a source of Vitamins E and K.

Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.

You can easily eat a kiwi by cutting it in half and using a spoon to scoop it out! You can even eat the skin!

Nutrition Facts	
1 serving per container	
Serving size	**100 g**
Amount per serving	
Calories	**60**
	% Daily Value *
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 15g	**5%**
Dietary Fiber 3g	**11%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 310mg	6%

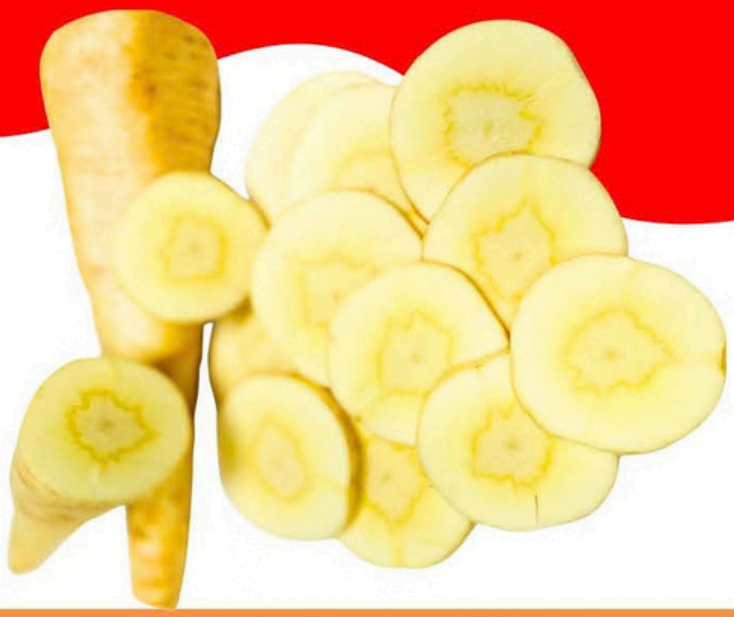
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Kiwifruit, Green, Raw

FRESHEALTH

PARSNIP COINS





In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available. Do you think this would make a good tasting cake?

PRODUCE PARTICULARS

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 80

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	8%

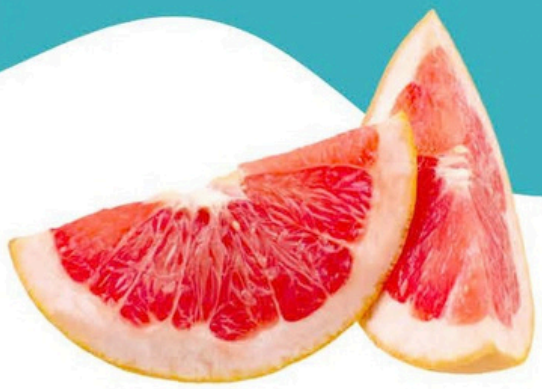
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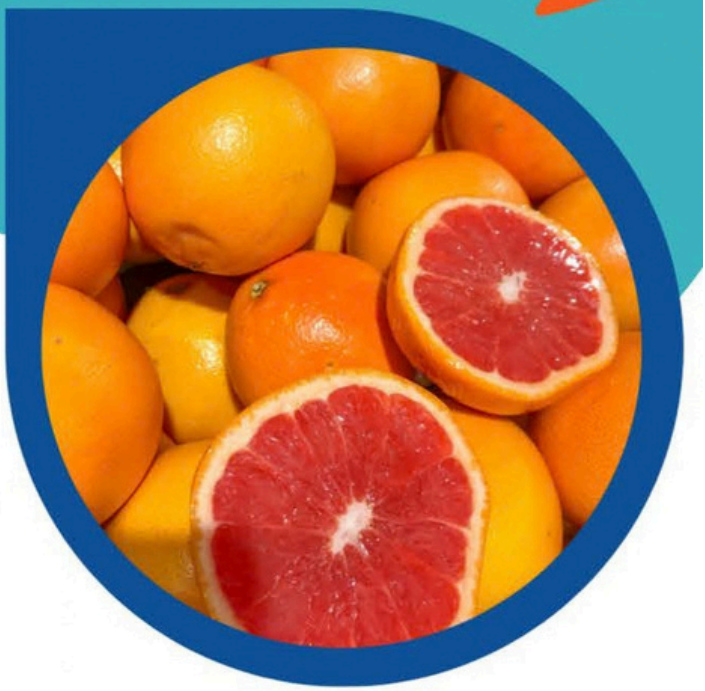
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Parsnips, Raw

FRESHEALTH

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	
Calories	**30**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 140mg	2%

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

FRESHEALTH

DAIKON 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

Daikon radish have a crunchy, snap-like texture and a mild, semi-sweet, and peppery, tangy flavor.

Daikon radish leaves are also edible and have a pungent, green, and grassy taste.

It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

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%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 230mg	4%

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

FRESHEALTH

APPLES & GRAPES





There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.

PRODUCE PARTICULARS

Did you know? Grapes are actually considered berries!

Apples and grapes have the greatest variety of any other type of fruit.

Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.

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 0mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 2g	**6%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 150mg	4%

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Calories per gram:
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FRESHEALTH

SWEET POTATO COINS





Sweet potatoes come in a variety of colors. Their skin can be brown, yellow, orange, red or purple. And their insides-- called flesh--can be white, orange or purple!

PRODUCE PARTICULARS

Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.



Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.



Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!



Nutrition Facts

1 serving per container

Serving size **2 oz (57g)**

Amount per serving

Calories **50**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

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

INGREDIENTS: Sweet Potato, Raw, Unprepared

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BLACK GRAPES





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PRODUCE PARTICULARS

- The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!
- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?
- Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.

Nutrition Facts

1 serving per container

Serving size 100 g

Amount per serving

Calories 60

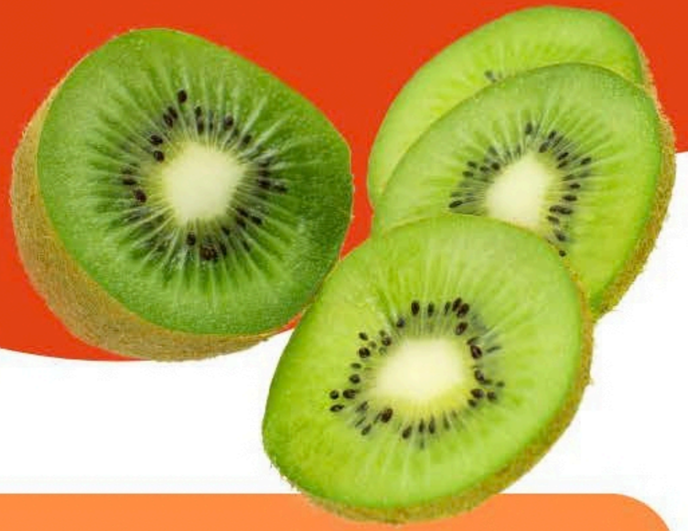
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.3mg	2%
Potassium 200mg	4%

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KIWI SLICES



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PRODUCE PARTICULARS

- Kiwi have almost 2x the Vitamin C of oranges and are a source of Vitamins E and K.
- Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.
- You can easily eat a kiwi by cutting it in half and using a spoon to scoop it out! You can even eat the skin!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 310mg	6%

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

INGREDIENTS: Kiwifruit, Green, Raw

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PARSNIP COINS



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PRODUCE PARTICULARS

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Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.

Nutrition Facts

1 serving per container

Serving size	**100 g**
Amount per serving	
Calories	**80**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 5g	**18%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 360mg	8%

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PRODUCE PARTICULARS

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- 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	
Calories	**30**
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Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 1g	
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It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

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%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
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PRODUCE PARTICULARS

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- Apples and grapes have the greatest variety of any other type of fruit.
- Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.

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 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	6%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 150mg	4%

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PRODUCE PARTICULARS

- **Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.**
- **Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.**
- **Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!**

Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

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FRESHEALTH

UVAS NEGRAS





Las uvas negras obtienen su color de los antocianinas, un antioxidante responsable del color de otras frutas y verduras negras, moradas y azules.

DETALLES DEL PRODUCTO

Los Estados Unidos sonel mayor con sumidor de uvas, comiendomásde medio millón de toneladas anualmente. ¡Eso son muchas uvas!

¿Sabías que la jalea se hace de jugo de frutas y las mermeladas se hacen de la fruta entera triturada?

Las uvas son ricas en vitamina K, que ayuda a sanar heridas y a construir huesos saludables.

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 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.3mg	2%
Potassium 200mg	4%

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

FRESHEALTH

TIRAS DE PIMIENTO NARANJA





Los pimientos son, en realidad, frutas porque provienen de una planta con flores y contienen semillas. La mayoría de la gente los considera verduras.

DETALLES DEL PRODUCTO

Los pimientos morrones, comolamayoría de losdemás pimientos, sonnativosde América Central y del Sur.

¡Los pimientos morrones son una gran fuente de vitamina C!

Los pimientos morrones crecen en una variedad de colores, como verde, rojo, amarillo, naranja, morado, blanco, marrón e incluso multicolor.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 25

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 210mg	4%

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

FRESHEALTH

RODAJAS DE KIWI





El kiwi recibe su nombre de un pájaro peludo del mismo nombre. ¿Crees que la piel del kiwi se parece a la de un pájaro?

DETALLES DEL PRODUCTO

Elkiwitiene casi el doble de vitamina C que las naranjas y es una fuente de vitaminas E y K.

Esta fruta, originalmente llamada grosella espinosa china, recibió su nombre común porque se parece al pájaro kiwi de Nueva Zelanda.

Puedes comer un kiwi fácilmente cortándolo por la mitad y sacándolo con una cuchara. ¡Incluso puedes comer la piel!

Nutrition Facts

1 serving per container

Serving size	**100 g**
Amount per serving	
Calories	**60**
	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 310mg	6%

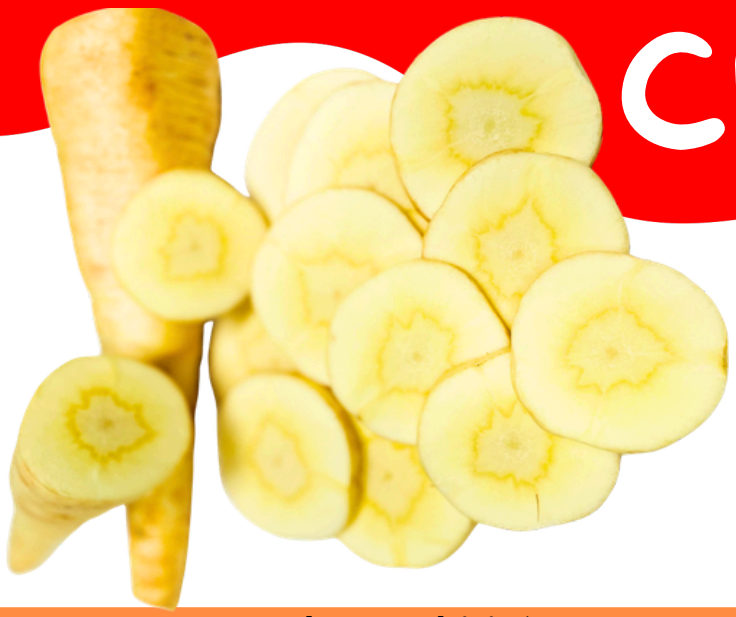
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Kiwifruit, Green, Raw

FRESHEALTH

MONEDAS DE CHIRIVÍA





En Europa, las chirivías se usaban comúnmente para endulzar alimentos antes de la introducción de la caña de azúcar y su fácil acceso. ¿Crees que este pastel quedaría delicioso?

DETALLES DEL PRODUCTO

Lachirivía es una hortaliza deraíz que pertenece a la familia de las zanahorias. La parte comestible es la raíz blanca y cremosa.

La chirivía es una hortaliza de raíz que pertenece a la familia de las zanahorias. La parte comestible es la raíz blanca y cremosa.

Las chirivías son una excelente fuente de vitaminas C, B9 y K y minerales como potasio, hierro, calcio y cobre.

Nutrition Facts

1 serving per container

Serving size	**100 g**
Amount per serving	
Calories	**80**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Total Carbohydrate 18g	**7%**
Dietary Fiber 5g	**18%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	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

INGREDIENTS: Parsnips, Raw

FRESHEALTH

GAJOS DE TORONJA





¡La toronja puede ser roja, blanca, amarilla y rosa! ¿Puedes encontrar algo a tu alrededor que sea de cada uno de estos colores?

DETALLES DEL PRODUCTO

La toronja aportacarbohidratos,la fuente preferida de energía para los músculos y el cerebro. Además, su aroma promueve una sensación estimulante y energizante.

Estos tienen un contenido de agua tan alto como el de una sandía, hasta un 92%, por lo que te mantienen hidratado.

El sabor de la toronja puede variar desde ácido y amargo o ligeramente dulce hasta súper dulce.

Nutrition Facts	
1 serving per container	
Serving size	**100 g**
Amount per serving	
Calories	**30**
	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Total Sugars 7g	
Includes 0g Added Sugars	**0%**
Protein 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

FRESHEALTH

MONEDAS DE RÁBANO DAIKON





Los rábanos pueden ser verdes, blancos, amarillos, rosados, morados, rojos e incluso negros. ¿Qué otros alimentos tienen colores como este?

DETALLES DEL PRODUCTO

Losráb anos daikon tienen una textura crujiente y un sabor suave, semidulce, picante y ácido.

Las hojas del rábano daikon también son comestibles y tienen un sabor picante, verde y herbáceo.

Pertenece a la familia Brassicaceae. Su raíz está emparentada con la col rizada, el brócoli, la coliflor y el rábano picante, entre otros.

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%
Protein 1g	
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

FRESHEALTH

MANZANAS Y UVAS





Hay más de 8.000 variedades de uvas que se pueden encontrar en todo el mundo: blancas, rojas, negras, azules, verdes, moradas y doradas.

DETALLES DEL PRODUCTO

¿Sabías? ¡Las uvas en realidad se consideran bayas!

Las manzanas y las uvas tienen la mayor variedad que cualquier otro tipo de fruta.

Las uvas tienen un alto contenido de vitamina K, que ayuda a curar heridas y desarrollar huesos sanos.

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 0mg	**0%**
Total Carbohydrate 16g	**6%**
Dietary Fiber 2g	**6%**
Total Sugars 13g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 150mg	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

FRESHEALTH

MONEDAS DE BATATA DULCE





Las batatas vienen en una variedad de colores. Su piel puede ser marrón, amarilla, naranja, roja o morada. Y su interior, llamado pulpa, puede ser blanco, naranja o morado.

DETALLES DEL PRODUCTO

Lasbatatas son conocidas por sualto contenido en vitaminas A y C y por su alto contenido en fibra.

Además, una batata dulce no es lo mismo que una papa. Las batatas son raíces y las papas son tubérculos.

Muchas personas piensan que las batatas y los ñames son lo mismo. ¡En realidad, son verduras diferentes!

Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
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

INGREDIENTS: Sweet Potato, Raw, Unprepared

FRESHEALTH