



## Nutrition Information Fruits and Vegetables



### Lettuce

Lettuce is one of the oldest known vegetables. Cool tip to remember about lettuce is that the darker green leaves are more nutritious. The darker outer leaves of the lettuce have more nutrients than the lighter colored inner leaves.



### Mangos

Mangos are rich in vitamins A and C (1/2 medium mango) contains 70 calories, 40% of you daily vitamin A and 15% of you daily vitamin C.



### Celery

Celery is a good source of vitamin C and Potassium. Celery is low in calories 2 medium stalks have only 20 calories.



### Strawberries

The outside of strawberries are covered with tiny seeds. Can you guess how many seeds are in just one strawberry? If you guessed 200 you are right. There are 200 tiny seeds in every strawberry.



### Potatoes

Potatoes are high in vitamin C and potassium. Did you know potato skins also have nutrients? Potato skins contain fiber, potassium, iron, calcium, zinc, and vitamin B.



### Pears

Pears are a good source of fiber. Just one medium pear has 16% of the fiber our bodies need every day for good health. Pears also are good source of vitamin C.



### Apples

Apples are high in fiber. In fact, just one apple has 20% of the fiber that our bodies need every day for good health. Fiber also helps our bodies with digestion and adds to our diet.

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