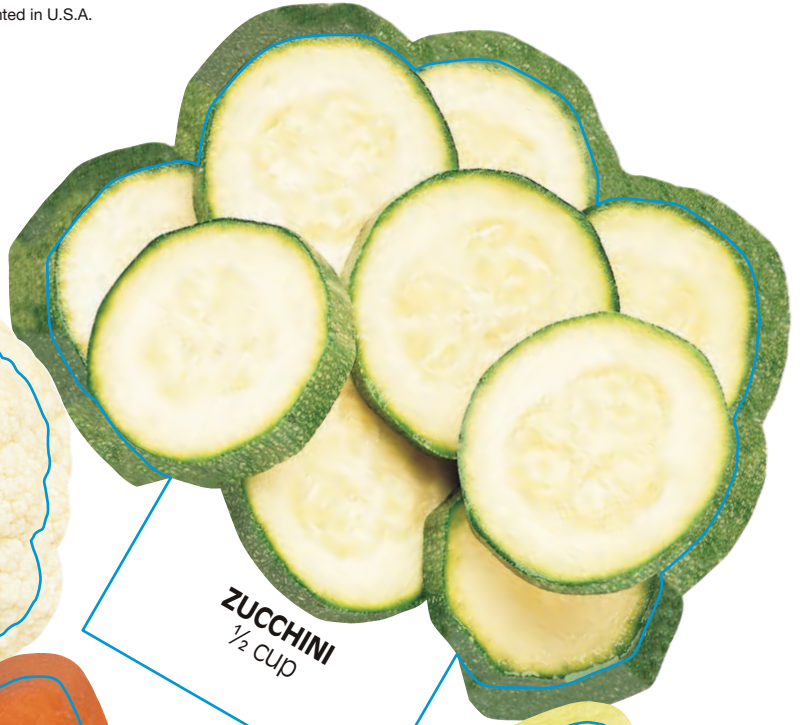


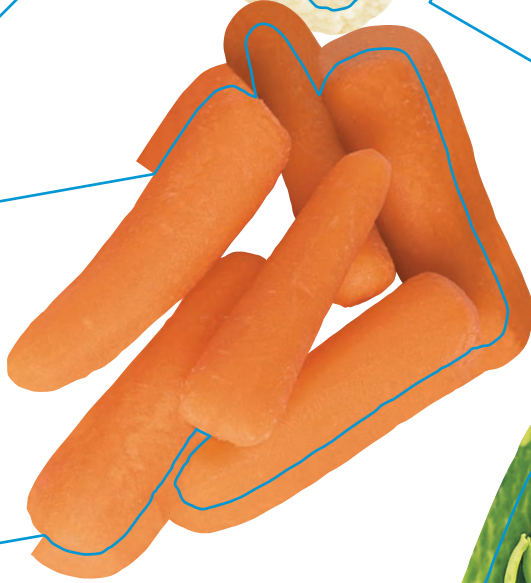
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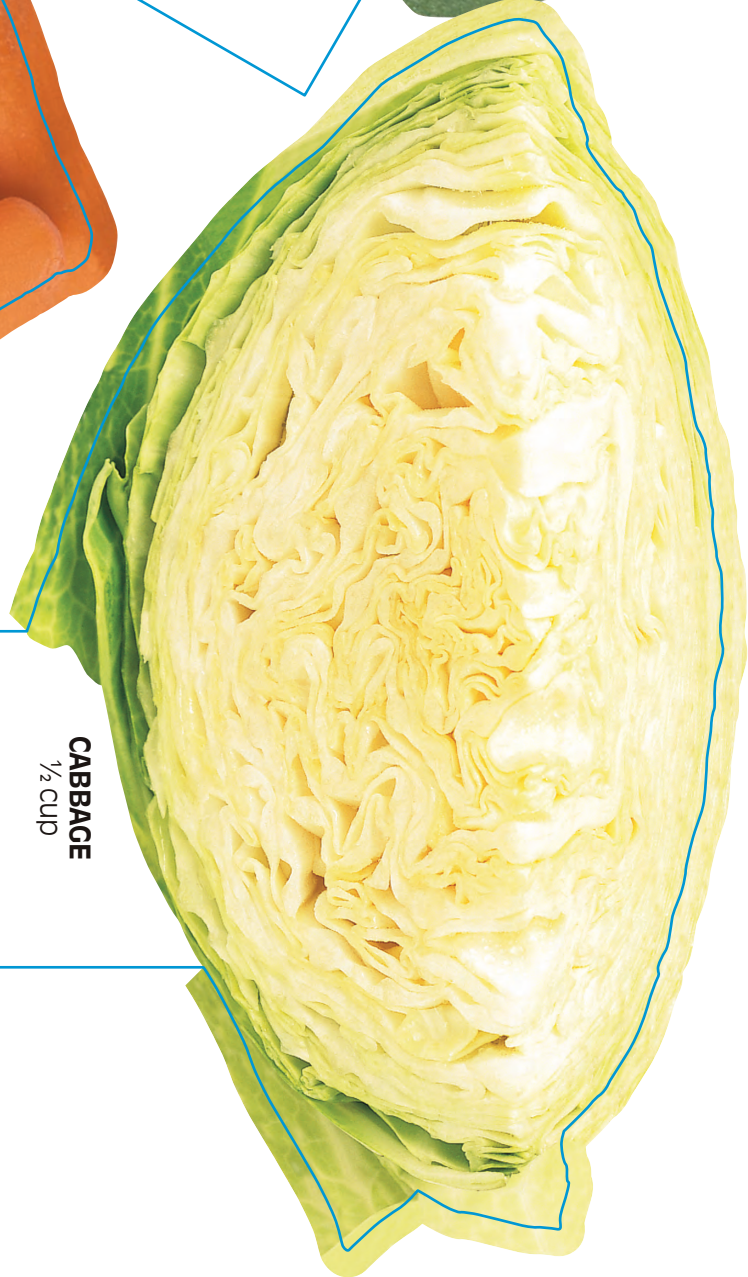
CAULIFLOWER
1/2 cup



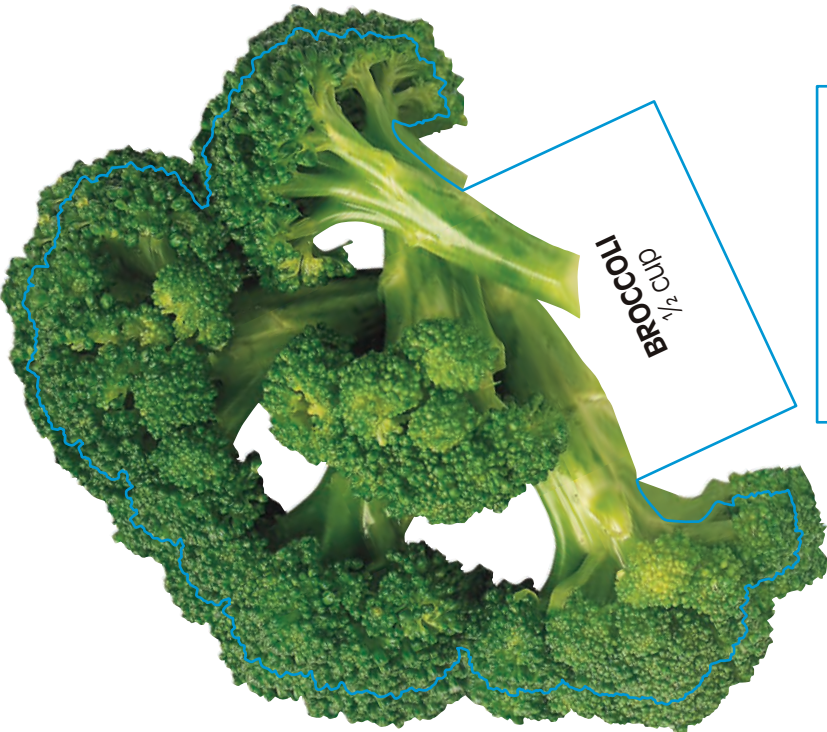
ZUCCHINI
1/2 cup



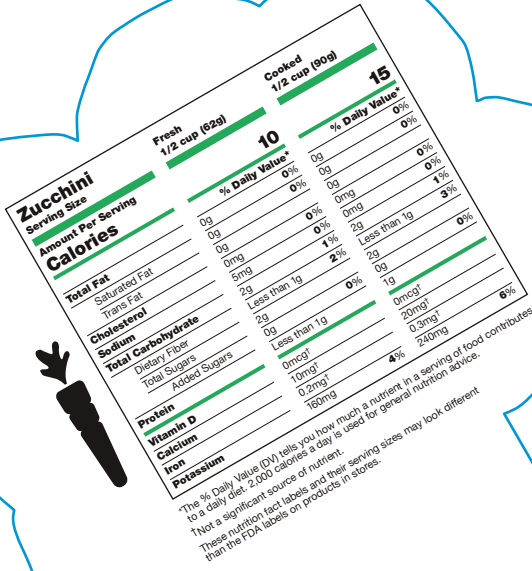
BABY CARROTS
1/2 cup



CABBAGE
1/2 cup



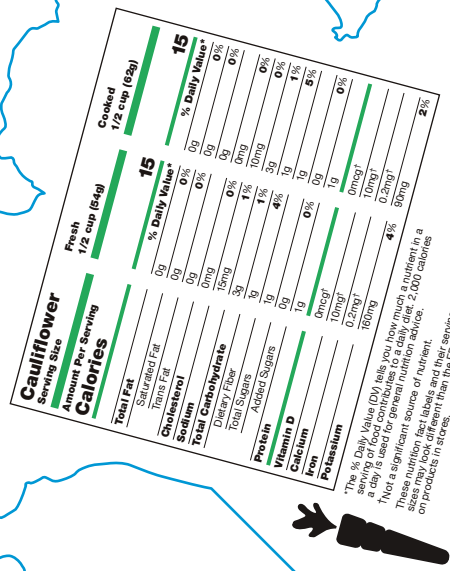
BROCCOLI
1/2 cup



Zucchini
Serving Size
Amount Per Serving
Calories

	Fresh 1/2 cup (62g)	Cooked 1/2 cup (60g)
Total Fat	0g	0g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	5mg	2g
Total Carbohydrate	2g	1%
Dietary Fiber	0g	Less than 1g
Total Sugars	0g	Less than 1g
Added Sugars	0mg	0mg
Protein	10	15
Vitamin D	0mcg†	0%
Calcium	0mg	0%
Iron	0mg	0%
Potassium	160mg	4%

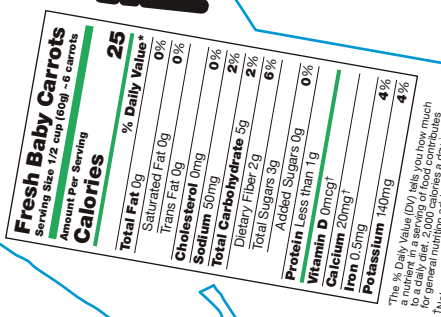
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Cauliflower
Serving Size
Amount Per Serving
Calories

	Fresh 1/2 cup (64g)	Cooked 1/2 cup (62g)
Total Fat	0g	0g
Saturated Fat	0g	0g
Trans Fat	0g	0g
Cholesterol	0mg	0mg
Sodium	0mg	0%
Total Carbohydrate	10	15
Dietary Fiber	2g	1%
Total Sugars	0g	0%
Added Sugars	0g	0%
Protein	3g	4%
Vitamin D	0mcg†	0%
Calcium	10	1%
Iron	0mg	0%
Potassium	10mg	0%

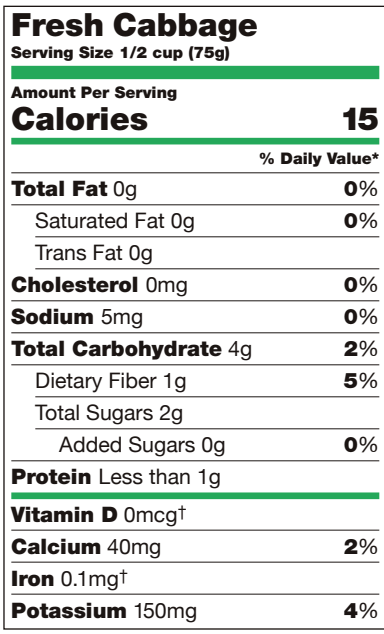
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Fresh Baby Carrots
Serving Size 1/2 cup (60g) - 6 carrots
Amount Per Serving
Calories

		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 50mg		0%
Total Carbohydrate 5g		2%
Dietary Fiber 2g		6%
Total Sugars 3g		6%
Added Sugars 0g		0%
Less than 1g		0%
Protein 0.5mg		0%
Vitamin D 0mcg†		0%
Calcium 20mg†		4%
Iron 0.5mg		0%
Potassium 140mg		4%

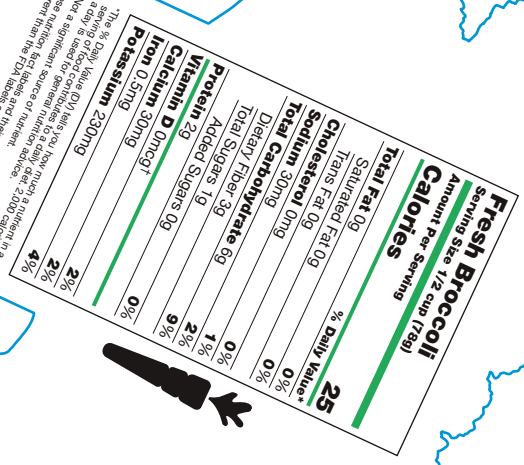
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Fresh Cabbage
Serving Size 1/2 cup (75g)
Amount Per Serving
Calories

		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 5mg		0%
Total Carbohydrate 4g		2%
Dietary Fiber 1g		5%
Total Sugars 2g		0%
Added Sugars 0g		0%
Protein Less than 1g		
Vitamin D 0mcg†		0%
Calcium 40mg		2%
Iron 0.1mg†		0%
Potassium 150mg		4%

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Fresh Broccoli
Serving Size 1/2 cup (75g)
Amount Per Serving
Calories

		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 30mg		0%
Total Carbohydrate 6g		2%
Dietary Fiber 3g		9%
Total Sugars 0g		0%
Added Sugars 0g		0%
Protein 2g		1%
Vitamin D 0mcg†		0%
Calcium 30mg		2%
Iron 0.5mg		0%
Potassium 230mg		4%

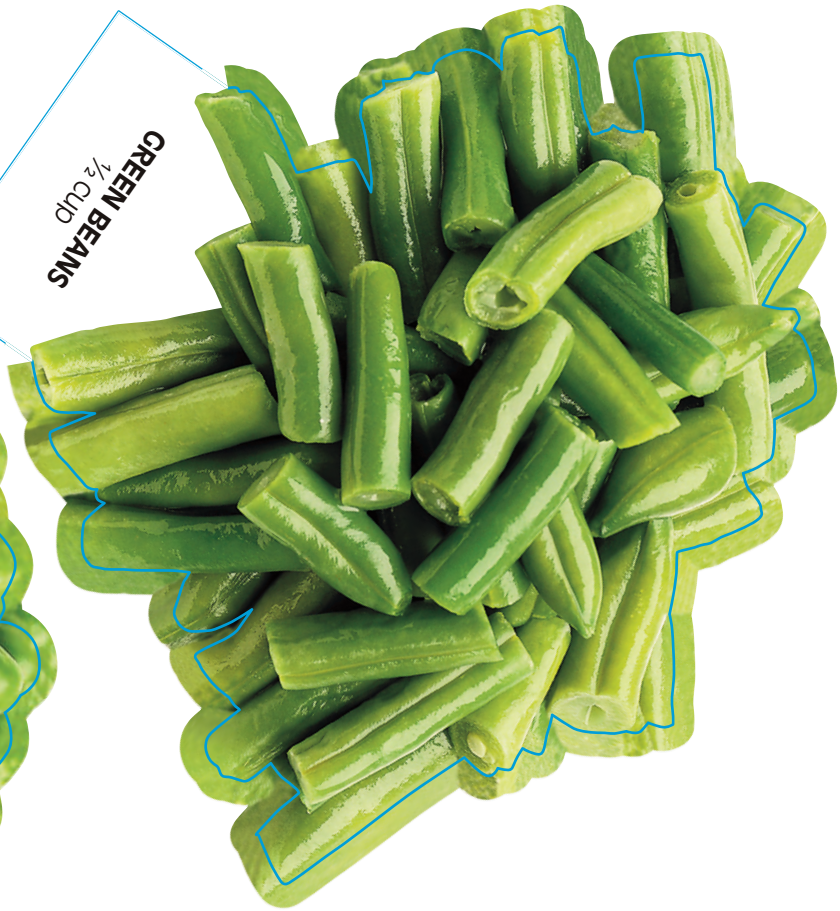
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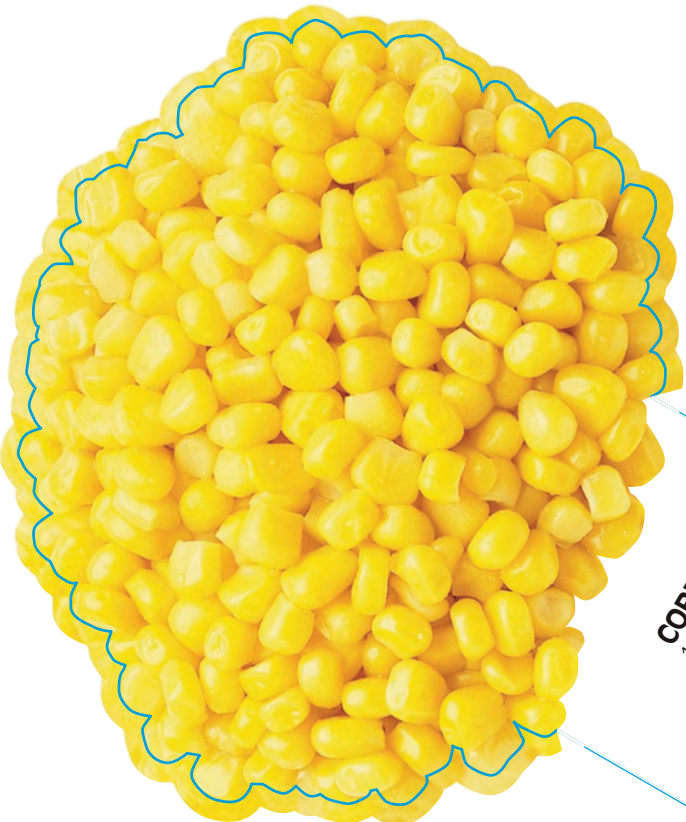
GREEN PEAS
1/2 cup



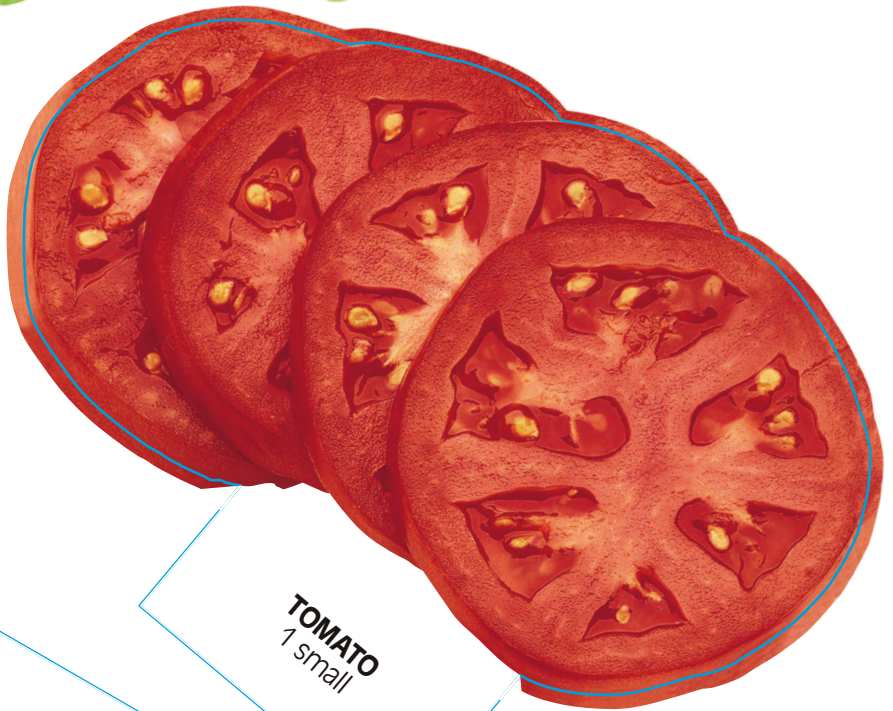
GREEN BEANS
1/2 cup



CORN
1/2 cup



TOMATO
1 small

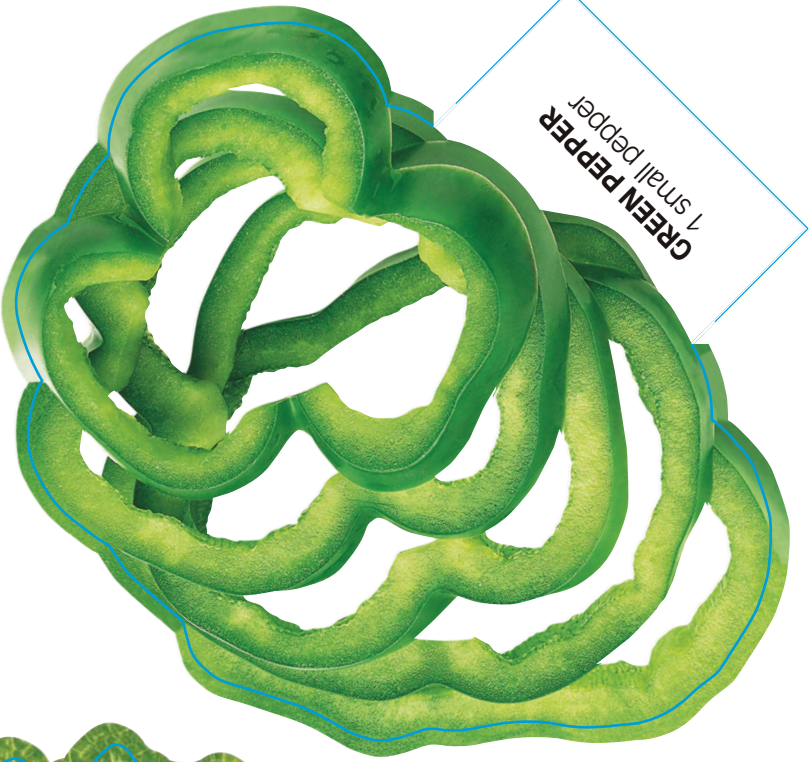


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SNOW PEAS
1/2 cup



GREEN PEPPER
1 small pepper



LETTUCE
1 cup



Lettuce
Serving Size

	Iceberg 1 cup (72g)	Romaine 1 cup (47g)	Greenleaf 1 cup (36g)
Amount Per Serving			
Calories	10	10	5
Total Fat	0g	0% Daily Value*	10
Saturated Fat	0g	0%	0% Daily Value*
Trans Fat	0g	0%	0%
Cholesterol	0mg	0%	0%
Sodium	0mg	0%	0%
Total Carbohydrate	5mg	0%	0%
Dietary Fiber	2g	0%	0%
Total Sugars	Less than 1g	1%	0%
Added Sugars	1g	3%	0%
Protein	0g	Less than 1g	0%
Vitamin D	Less than 1g	0%	0%
Calcium	0mcg†	Less than 1g	0%
Iron	10mg†	0mcg†	0%
Potassium	0.3mg†	20mg†	0%
	100mg	0.5mg	10mg†
		115mg	0.3mg†
		2%	2%
		70mg†	70mg†

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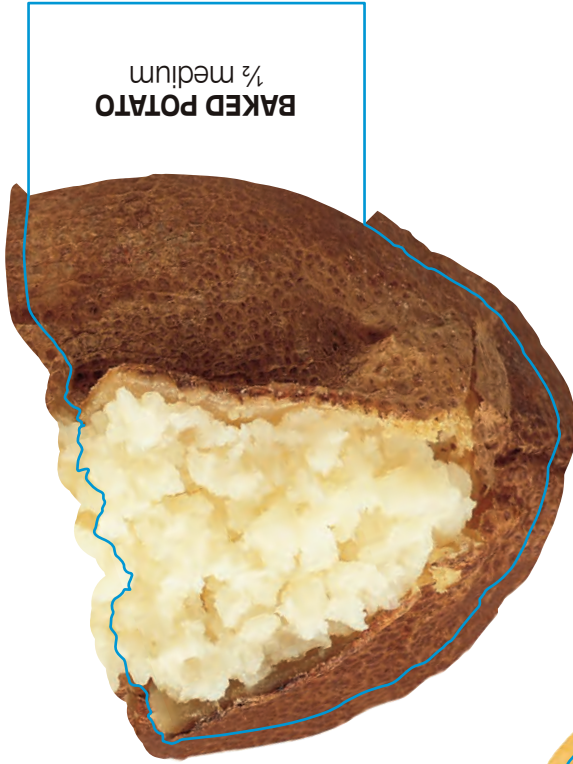
Fresh Green Pepper
Serving Size 1 small pepper (74g)
Amount Per Serving

Calories	15
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	3g
Dietary Fiber	1g
Total Sugars	2g
Added Sugars	0g
Protein	1g
Vitamin D	0mcg†
Calcium	0mg†
Iron	0.3mg†
Potassium	0.3mg†
	100mg
	0.5mg
	115mg
	2%
	70mg†

Snow Peas
Serving Size 1/2 cup (80g)
Amount Per Serving

Calories	40
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	7g
Dietary Fiber	3g
Total Sugars	4g
Added Sugars	0g
Protein	3g
Vitamin D	0mcg†
Calcium	50mg
Iron	1.9mg
Potassium	170mg
	4%
	10%
	4%

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BAKED POTATO
1/2 medium



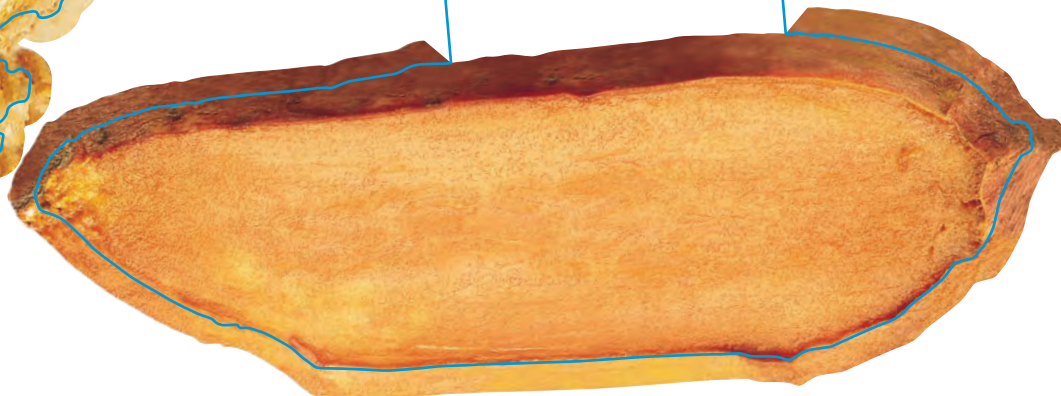
MASHED POTATOES
1/2 cup




FRENCH FRIES
14 strips



HASH BROWNS
1/2 cup




SWEET POTATO
1/2 cup



Mashed Potatoes
Serving Size 1/2 cup (115g)

Amount Per Serving	% Daily Value*
Calories	120
Total Fat 6g	7%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 340mg	15%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 2g	
Added Sugars	**
Protein 2g	
Vitamin D 0.1mcg†	4%
Calcium 40mg	4%
Iron 0.3mg†	
Potassium 320mg	6%


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Baked potato
Serving Size 1/2 medium potato (87g)

Amount Per Serving	% Daily Value*
Calories	80
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0g	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	0%
Added Sugars 0g	0%
Protein 2g	4%
Vitamin D 0mcg†	0%
Calcium 0mg†	0%
Iron 0mcg†	0%
Potassium 30mg	6%


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French Fries
Serving Size 14 strips (70g)

Amount Per Serving	% Daily Value*
Calories	230
Total Fat 13g	17%
Saturated Fat 4g	21%
Trans Fat	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	8%
Total Sugars	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	6%
Calcium 10mg†	8%
Iron 1.2mg	
Potassium 380mg	


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**Data not available for nutrient.
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Hash Browns
Serving Size 1/2 cup (78g)

Amount Per Serving	% Daily Value*
Calories	210
Total Fat 10g	7%
Saturated Fat 1.5g	3%
Trans Fat	0%
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	9%
Total Sugars 1g	
Added Sugars	**
Protein 2g	
Vitamin D 0mcg†	
Calcium 10mg†	2%
Iron 0.4mg	
Potassium 450mg	10%

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Sweet Potato
Serving Size 1/2 cup (100g)

Amount Per Serving	% Daily Value*
Calories	90
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	12%
Total Sugars 6g	
Added Sugars 0g	0%
Protein 2g	
Vitamin D 0mcg†	
Calcium 40mg	2%
Iron 0.7mg	4%
Potassium 480mg	10%

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CELERY
1 large stalk



CORN ON THE COB
1 small ear



SPINACH
1 cup

Fresh Corn on the Cob

Serving Size 1 small ear (63g)

Amount Per Serving
60
Calories

% Daily Value*

Total Fat Less than 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 14g 5%

Dietary Fiber 2g 6%

Total Sugars 2g 0%

Added Sugars 0g

Protein 2g

Vitamin D 0mcg†

Calcium 0mg† 2%

Iron 0.4mg 4%

Potassium 160mg

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Celery

Serving Size 1 large stalk (64g)
11" to 12"

Amount Per Serving
10
Calories

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Total Sugars Less than 1g 0%

Added Sugars 0g 0%

Protein Less than 1g

Vitamin D 0mcg†

Calcium 30mg 2%

Iron 0.1mg† 4%

Potassium 170mg

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Spinach

Serving Size 1 cup (30g)
Fresh

Amount Per Serving
20
Calories

% Daily Value*

Total Fat 5g 10%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Total Sugars 1g 2%

Added Sugars 0g 0%

Total Carbohydrate 2g 1%

Dietary Fiber 0g 0%

Total Sugars Less than 1g 0%

Added Sugars 0g 0%

Protein 3g 6%

Vitamin D 0mcg†

Calcium 2g 4%

Iron 0.8mg 16%

Potassium 170mg 34%

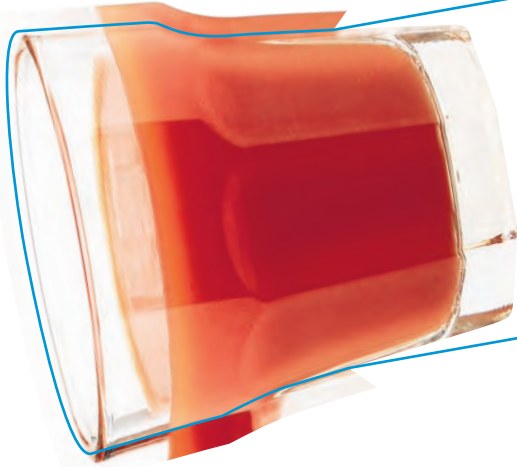
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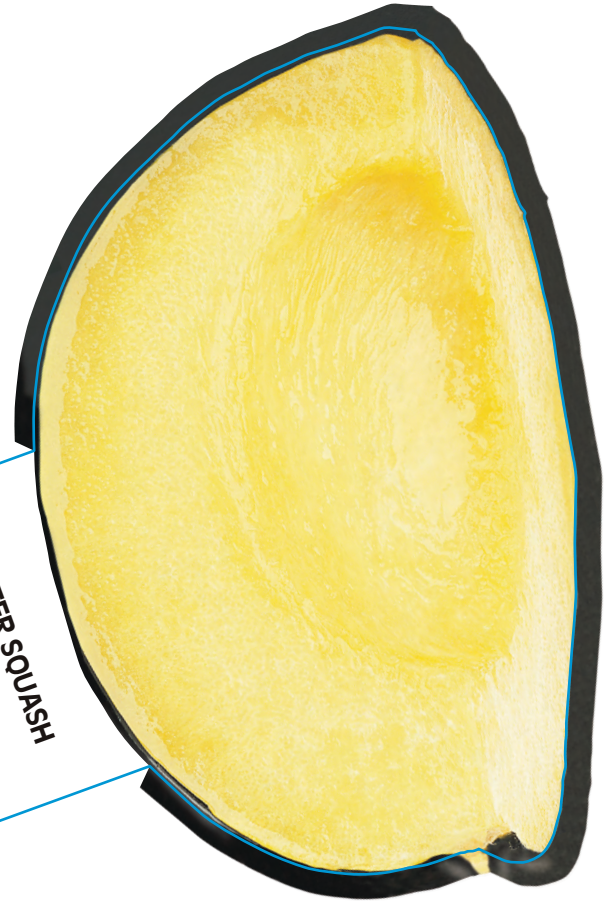
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TOMATO JUICE
1/2 cup



WINTER SQUASH
1/2 cup

TOSSED SALAD
1 salad



Winter Squash

Serving Size 1/2 cup (103g)

Amount Per Serving
Calories 40

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.5mg	2%
Potassium 250mg	6%

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Tomato Juice

Serving Size 1/2 cup (122g)

Amount Per Serving
Calories 20

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber Less than 1g	2%
Total Sugars 3g	2%
Added Sugars	
Protein 1g	**
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.5mg	2%
Potassium 260mg	6%

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Tossed Salad

Serving Size 1 salad (170g)

Amount Per Serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	0%
Total Carbohydrate 6g	1%
Dietary Fiber 2g	2%
Total Sugars 4g	7%
Added Sugars	
Protein 2g	**
Vitamin D	
Calcium 40mg	4%
Iron 0.7mg†	4%
Potassium	

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