

CARROT COINS



These are cut into circle, or coin shaped pieces. Can you name other money coins we use? Ex: A nickel

PRODUCE PARTICULARS

Carrots are an excellent source of Vitamin A, a nutrient that supports a healthy immune system.

The orange color results from abundant beta-carotene which is a strongly colored red-orange pigment found in some plants and fruits.

The average person consumes 10,866 pounds of carrots in their lifetime!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 320mg	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: Carrots, Raw

FRESHEALTH