

CELERY STICKS



The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.

PRODUCE PARTICULARS

Each piece of celery is called a stalk, and when you put a bunch together, it's called a "bunch" of celery.

Celery is made up of about 95% water, making it a great way to stay hydrated on a hot day!

Celery leaves aren't just for show—they're full of vitamins and can be added to salads or soups for extra flavor!



FRESHEALTH

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 15

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	80mg	3%
Total Carbohydrate	3g	1%
Dietary Fiber	2g	6%
Total Sugars	1g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.2mg	2%
Potassium	260mg	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