Ingredients: Carrots

Nutrition Facts

Serving Size 3 oz. (85g)
Servings per container About 26

Amount Per Serving

Calories 35	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 1g	

Vitamin A	120%	• Vitamin C	10%
Calcium	2%	• Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts

Serving Size 1/2 cup (60g)
Servings Per Container About 22

Amount Per Serving

Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 50mg	**2%**
Potassium 170mg	**5%**
Total Carbohydrate 2g	**1%**
Dietary Fiber 1g	**4%**
Sugars 1g	**4%**
Protein 0g	

Vitamin A	2%	• Vitamin C	6%
Calcium	2%	• Iron	2%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your Calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 Protein 4

Not a Significant Source of *Trans* Fat

Ingredients: Celery