

Celery sticks

Nutrition Facts	
2 servings per container	
Serving size	1 cup (100g)
Amount per serving	
Calories	25
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	17%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0mg	0%
Potassium 260mg	7%
* 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.	

Baby carrots

Nutrition Facts	
2 servings per container	
Serving size	3/4 cup (100g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	16%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein <1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 237mg	7%
* 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.	

Tomatoes

Nutrition Facts	
1.6 servings per container	
Serving size	1 cup (100g)
Amount per serving	
Calories	30
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	1%
Iron 1.7mg	10%
Potassium 340mg	8%
* 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.	