

VITAMIN CALCULATOR

START HERE



VITAMIN CALCULATOR

VITAMIN A



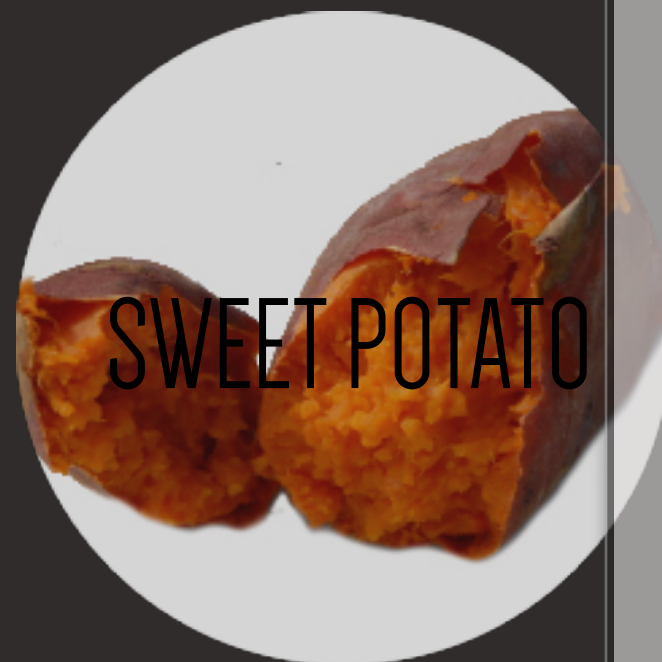
VITAMIN B6

VITAMIN B12

VITAMIN C

VITAMIN D

IRON



SWEET POTATO



CARROT

VITAMIN CALCULATOR

VITAMIN A



SWEET POTATO

KALE

SQUASH

CARROT

VITAMIN A	15%DV
VITAMIN C	47%DV
CALCIUM	4%DV
POTASSIUM	5%DV

Daily Values based on serving size of 3 1/2 oz raw
(1 1/2 cups shredded)

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