

# BABY CARROTS

## WHAT IS A BABY CARROT?

Baby carrots are smaller parts of larger carrots. A larger carrot is cut and peeled to become a baby carrot. Although it is smaller, it still provides the same nutrients of a big carrot!

## WHAT MAKES CARROTS GOOD FOR YOU?

The orange color of carrots is called beta-carotene. Beta-carotene is converted into Vitamin A in your body. Vitamin A helps to keep your eyes healthy and protected from the sun. In addition to Vitamin A, carrots have other vitamins, minerals, fiber, and antioxidants! These other nutrients help your body build a strong immune system to fight off bacteria and viruses.

## A HEALTHY SNACK WITH CARROTS!

### Homemade Veggie Dip (12 servings)

Ingredients:

- 1.5 cup plain Greek Yogurt
- 1 teaspoon garlic salt
- 1 teaspoon dried parsley
- 1/2 teaspoon onion powder
- 1/4 teaspoon pepper

Steps:

1. In a mixing bowl, combine all ingredients and mix until combined.
2. Serve 1/8 cup dip, 1/2 cup carrots, and 1 oz pretzels

Nutrition Facts	
1 servings per container	
Serving size	
Amount Per Serving	<b>160</b>
Calories	
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 0.2g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 7g	14%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 1.62mg	8%
Potassium 658mg	15%
Vitamin A	90%

\*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.

\*Nutrition facts are estimates\*

# KIWI FRUIT

## WHAT IS A KIWI?

Kiwifruit originates from China. There are approximately 400 different types of kiwifruit in China! California grows about 98% of the kiwifruits. Green and golden kiwi are the most common types in the US. They grow on vines just like a grape! The kiwifruit got its name from the Kiwi bird found in New Zealand because the bird and the fruit have the same fuzziness.

## WHAT MAKES KIWIFRUIT GOOD FOR YOU?

Kiwifruits are considered a superfruit! This is because they are packed with Vitamin C, Vitamin A, Vitamin E, potassium, folate, and fiber! One kiwi has two times the amount of Vitamin C of an orange. Vitamin C helps your immune system, Vitamin A helps maintain healthy eyes, and Vitamin E is important for your brain and blood. Potassium helps your body's cells and folate is important to develop a healthy and smart brain.

## A HEALTHY SNACK WITH KIWI!

### Kiwi Banana 'Ice Cream' (2 servings)

Ingredients:

- 2 Bananas
- 2 Kiwis

Steps:

1. Cut the bananas into pieces, freeze overnight.
2. Put the frozen bananas in a blender or food processor.
3. Peel 1 kiwi and add it to the bananas.
4. Pulse the two ingredients together until blended.
5. Freeze for 1-2 hours if needed.
6. Serve with sliced kiwi on top!

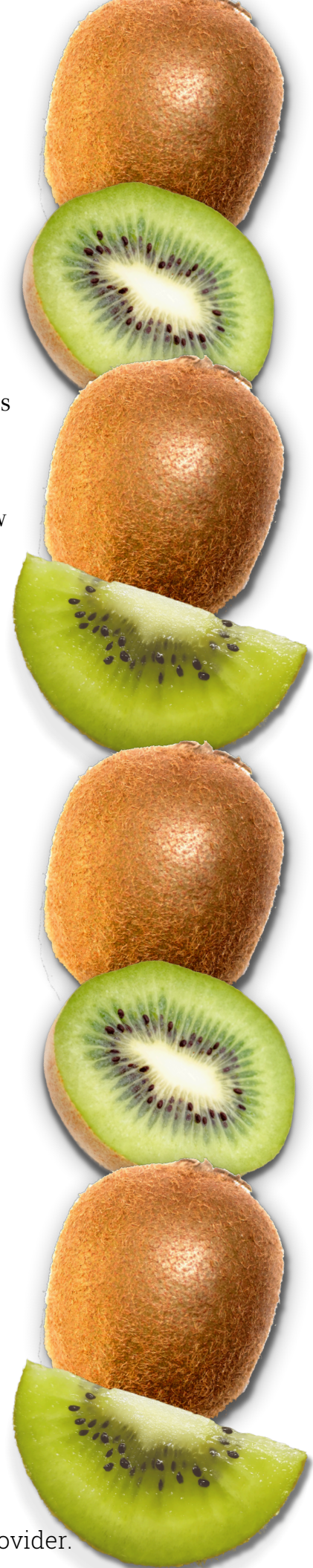
Nutrition Facts	
2 servings per container	
Serving size	1/2 Serving
Amount Per Serving	
<b>Calories</b>	<b>140</b>
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0.2g	1%
Trans Fat 0g	
Polyunsaturated Fat 0.3g	
Monounsaturated Fat 0.1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 5g	18%
Total Sugars 21g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	<b>4%</b>
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0.54mg	4%
Potassium 1175mg	25%
Vitamin A	90%
Vitamin C	100%

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# RED BELL PEPPERS

## WHAT IS A RED BELL PEPPER?

Red bell peppers start out as green bell peppers. Red bell peppers are sweeter than green bell peppers because it sweetens as it ripens. When it ripens, it changes from the green color to the red color. Since red bell peppers have seeds in the middle, this makes them technically a fruit!

## WHAT MAKES RED BELL PEPPERS GOOD FOR YOU?

Red bell peppers have the most Vitamin C of any other type of produce! They are also high in Vitamin A and fiber. The red color provides carotenoids that help fight against certain diseases.

## A HEALTHY SNACK WITH RED BELL PEPPERS!

### Bell Pepper Nachos

Ingredients:

- 1/2 Red Bell Pepper
- 1/8 Cup Black Beans
- 2 Tablespoons Shredded Cheese
- 3 Tablespoons salsa
- 2 Tablespoon plain Greek yogurt

Steps:

- Cut the bell pepper into small pieces.
- Put a few beans on each and sprinkle cheese on top, microwave until cheese is melted.
- Serve with salsa and Greek yogurt for dipping!

Nutrition Facts	
1 servings per container	
Serving size	1 Serving
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 0.1g	
Cholesterol 15mg	5%
Sodium 500mg	22%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 208mg	15%
Iron 0.9mg	4%
Potassium 705mg	15%
Vitamin A	20%
Vitamin C	100%

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# NAVEL ORANGES

## WHAT IS AN ORANGE?

Oranges are the largest group of citrus around the world! There are over 600 types of oranges. Florida is the top producer of oranges in the United States. Brazil produces the most oranges in the world! They have a high resistance to disease, so lightening kills more oranges than plant disease every year.

## WHAT MAKES ORANGES GOOD FOR YOU?

Oranges are known for having Vitamin C which helps build a strong immune system. They are also high in antioxidants and fiber! Orange juice can provide you with Vitamin C, but it will not give you the fiber and antioxidants that are provided when an orange is eaten!

## A HEALTHY SNACK WITH ORANGES!

### Orange Yogurt Parfait

Ingredients:

- 1/2 Cup low sugar vanilla yogurt
- 1 Orange, peeled and sliced
- 1/4 C canned pineapple, drained
- 1 Tablespoon chocolate chips

Steps:

- Peel the orange and cut orange and pineapple into bite-sized pieces.
- Add a layers of yogurt, fruit, and chocolate chips into a bowl. Try putting a layer of yogurt between each topping!

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 Serving</b>
Amount Per Serving	
<b>Calories</b>	<b>250</b>
%	
<b>Total Fat</b> 5g	6%
Saturated Fat 3.1g	16%
Trans Fat 0g	
Polyunsaturated Fat 0.2g	
Monounsaturated Fat 1.3g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 90mg	4%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 8g	16%
Vitamin D 0mcg	0%
Calcium 377mg	30%
Iron 0.54mg	4%
Potassium 1081mg	25%
Vitamin A	4%
Vitamin C	100%

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# GALA APPLES

## WHAT IS A GALA APPLE?

Gala apples were made in 1934 by an apple breeder in New Zealand. It is a cross between an Orange Red apple and Golden Delicious apple. Gala apples are known for having a mild sweet flavor and having a thin skin. They tend to grow taller than wide.

## WHAT MAKES GALA APPLES GOOD FOR YOU?

Gala apples have the same benefits of other types of red apples. Those benefits include fiber, antioxidants, and vitamin C. Antioxidants help to prevent damage to the cells in your body. Red Gala apples have high levels of polyphenols which protect body tissues.

## A HEALTHY SNACK WITH GALA APPLES!

### Apple Donut

Ingredients:

- 1 Gala apple
- 1 Tablespoons of nut butter (peanut, almond, cashew)
- 3 Tablespoons of granola
- 1/4 Cup sliced strawberries

Steps:

- Cut the apple into rings (removing the core)
- Spread the nut butter thinly on the rings.
- Top with the granola and strawberries!
- If there are pieces of apple that were too small for a ring, cut into pieces and add to the top with the granola and strawberries.

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 Serving</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>260</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 1.7g	<b>9%</b>
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4.2g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	<b>10%</b>
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 0.9mg	4%
Potassium 517mg	10%
Vitamin A	0%
Vitamin C	10%

\*Nutrition facts are estimates\*



# RED RADISH

## WHAT IS A RED RADISH?

Red radishes can also be called Table Radishes. A red radish is an edible root vegetable. They were originally used in Asia but are now used world wide. They can be eaten raw, cooked, or pickled! The texture is crunchy and the flavor can sometimes be spicy.

## WHAT MAKES RED RADISHES GOOD FOR YOU?

Red radishes are high in Vitamin C, antioxidants, and fiber. The Vitamin C and antioxidants help to promote a healthy immune system to fight off diseases. The fiber can help regulate digestion.

## A HEALTHY SNACK WITH GALA APPLES!

### Roasted Radish Chips & Dip

Ingredients:

- 3 Radishes, sliced thinly
- 1 Cup radish greens
- Cooking Spray
- 1 clove garlic
- 1/2 tsp fine sea salt
- 3/4 C plain Greek Yogurt
- 1/2 tsp black pepper
- 1 Tablespoon oil
- 1/2 tsp onion powder

Steps:

1. Preheat oven to 425 degrees. Put sliced radish on lined cooking sheet. Spray with oil and season with salt, onion powder, and pepper. Cook 10 minutes, flip, then cook 10 more minutes.
2. Make dip in a blender or food processor by adding greens, garlic, yogurt, and oil. Season with salt and pepper as desired.
3. Serve the radish chips and 1/4 of the dip together!

Nutrition Facts	
1 servings per container	
<b>Serving size</b>	<b>1 Serving</b>
Amount Per Serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.4g	
Monounsaturated Fat 2.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 35mg	2%
<b>Total Carbohydrate</b> 10g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 7g	14%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 0.18mg	0%
Potassium 141mg	4%
Vitamin A	0%
Vitamin C	10%

\*Nutrition facts are estimates\*

