



Grow. Preserve. Nourish.

<b>Nutrition Facts</b>		Potato Chips	Beets	Blueberries	Broccoli	Brussels Sprouts	Grape Tomatoes	Red Bell Peppers			
<b>Serving size</b> 1 bag		(30g)	1 package (30g)	1 package (30g)	1 package (30g)	1 package (30g)	1 package (30g)	1 package (30g)			
<b>Amount per serving</b>											
<b>Calories</b>		<b>160</b>	<b>100</b>	<b>110</b>	<b>100</b>	<b>110</b>	<b>90</b>	<b>110</b>			
		<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>	<b>% Daily Value*</b>			
<b>Total Fat</b>	10g	<b>13%</b>	0g	<b>0%</b>	0.5g	<b>1%</b>	1g	<b>1%</b>	1g	<b>1%</b>	
Saturated Fat	1g	<b>5%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	
Trans Fat	0g		0g		0g		0g		0g		
Polyunsaturated Fat	2.5g		0g		0g		0g		0.5g		
Monounsaturated Fat	6g		0g		0g		0g		0g		
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	0mg	<b>0%</b>	
<b>Sodium</b>	160mg	<b>7%</b>	180mg	<b>8%</b>	0mg	<b>0%</b>	25mg	<b>1%</b>	25mg	<b>1%</b>	
<b>Total Carbohydrate</b>	16g	<b>6%</b>	22g	<b>8%</b>	26g	<b>9%</b>	20g	<b>7%</b>	22g	<b>8%</b>	
Dietary Fiber	1g	<b>4%</b>	6g	<b>21%</b>	5g	<b>18%</b>	9g	<b>32%</b>	8g	<b>29%</b>	
Total Sugars	0g		15g		18g		5g		14g		
Includes Added Sugars	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	0g	<b>0%</b>	
<b>Protein</b>	2g		4g		1g		6g		5g		
	Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	6mg	0%	36mg	2%	19mg	2%	107mg	8%	59mg	4%
	Iron	0mg	0%	2mg	10%	1mg	6%	2mg	10%	1mg	6%
	Potassium	359mg	8%	731mg	15%	139mg	2%	673mg	15%	833mg	20%
	Vitamin A	0mcg	0%	4mcg	0%	14mcg	2%	1035mcg	120%	3mcg	0%
	Vitamin C	6mg	6%	11mg	10%	0mg	0%	29mg	30%	89mg	100%
<b>Limit These Nutrients</b>											
Fat - saturated - low		■									
Fat - saturated - no			■	■	■	■	■	■	■	■	
<b>Seek These Nutrients</b>											
Fiber - good source				■							
Fiber - high source			■		■	■	■	■	■	■	
Iron - good source			■							■	
Potassium - good source			■							■	
Potassium - high source									■		
Vitamin A - high source						■		■		■	
Vitamin C - good source			■								
Vitamin C - high source						■		■		■	