Nutrition Facts Serving size 1 bag		-		Beets 1 package (30g)				Broccoli 1 package (30g)		Brussels Sprouts 1 package (30g)		Grape Tomatoes 1 package (30g)		Red Bell Peppers 1 package (30g)	
Calories		160		100		110		100		110		90		110	
		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*		% Daily Value*	
Total Fat		10g	13%	0g	0%	0.5g	1%	0.5g	1%	<u>1g</u>	1%	<u>1g</u>	1%	<u>1g</u>	1%
Saturated Fat Trans Fat		<u>1g</u>	5%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Polyunsaturated Fat		0g 2.5g		0g		0g		0g		0g		0g		0g	
Monounsaturated Fat		6g		0g 0g		0g 0g		0g 0g		0g 0g		0g 0g		0.5g 0g	
Cholesterol		0mg	0%	0g 0mg	0%	0g 0mg	0%	0mg	0%	0g 0mg	0%	0g 0mg	0%	0mg	0%
Sodium		160mg	7%	180mg	8%	0mg	0%	20mg	1%	25mg	1%	25mg	1%	15mg	1%
Total Carbohydrate		16g	6%	22g	8%	26g	9%	17g	6%	20g	7%	20g	7%	22g	8%
Dietary Fiber		1g	4%	6g	21%	5g	18%	10g	36%	9g	32%	6g	21%	8g	29%
Total Sugars		0g		15g		18g		6g		5g		14g		15g	
Includes Added Sugars		0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%	0g	0%
Protein		2g		4g		1g		7g		6g		5g		4g	
*The % Daily Value 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.	Vitamin D	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%	0mcg	0%
	Calcium	6mg	0%	36mg	2%	19mg	2%	107mg	8%	59mg	4%	52mg	4%	25mg	2%
	Iron	0mg	0%	2mg	10%	1mg	6%	1mg	6%	2mg	10%	1mg	6%	2mg	10%
	Potassium	359mg	8%	731mg	15%	139mg	2%	673mg	15%	833mg	20%	1230mg	25%	760mg	15%
	Vitamin A	0mcg	0%	4mcg	0%	14mcg	2%	1035mcg	120%	3mcg	0%	216mcg	25%	564mcg	60%
	Vitamin C	6mg	6%	11mg	10%	0mg	0%	29mg	30%	89mg	100%	71mg	80%	460mg	510%
Limit These Nutrients															
Fat - saturated - low															
Fat - saturated - no				•		•		•		•		•		•	
Seek These Nutrients															
Fiber - good source															
Fiber - high source								-		-		-			
Iron - good source					•						ī				
Posassium - good source					_			-		-	ı			-	
Potassium - high source												-			
Vitamin A - high source								•				-		-	
Vitamin C - good source												1			
Vitamin C - high source											ı	_		_	