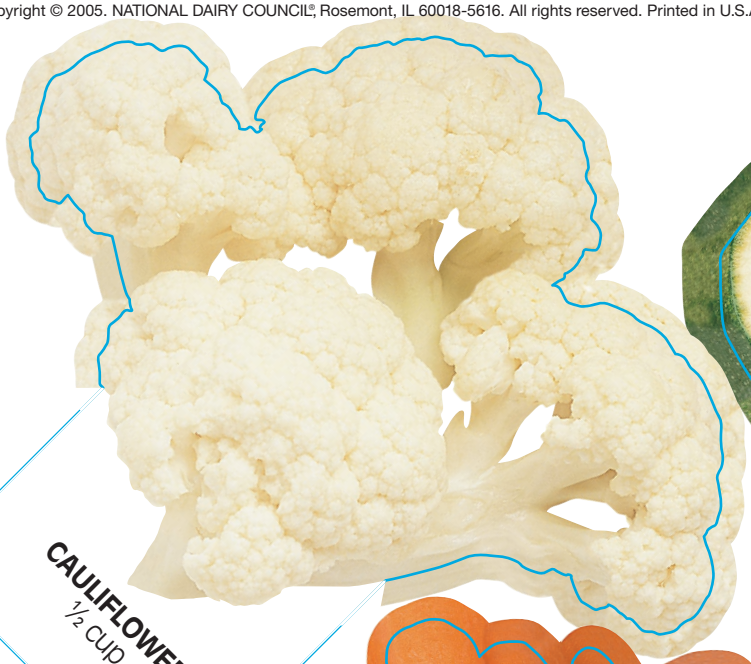
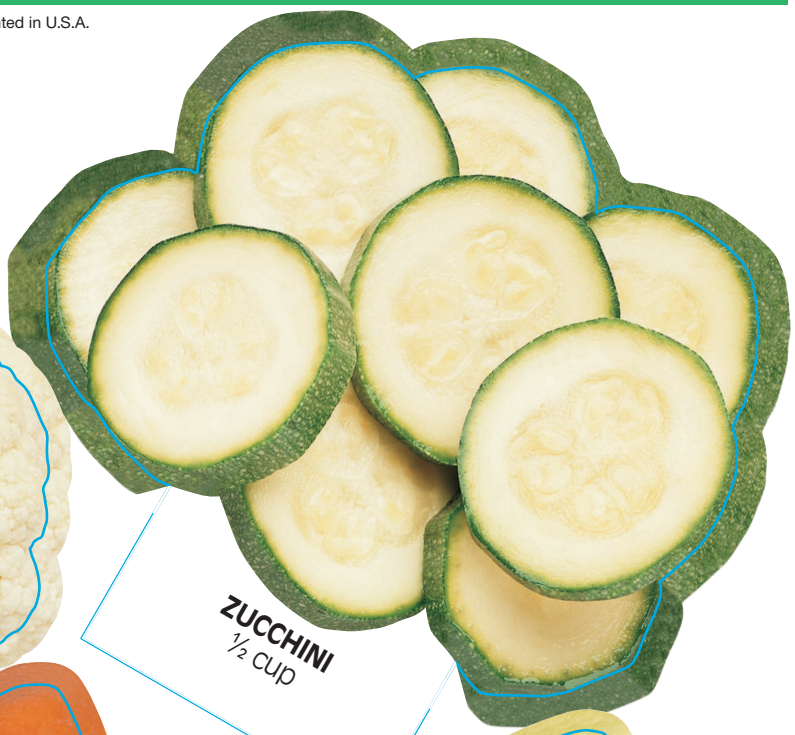


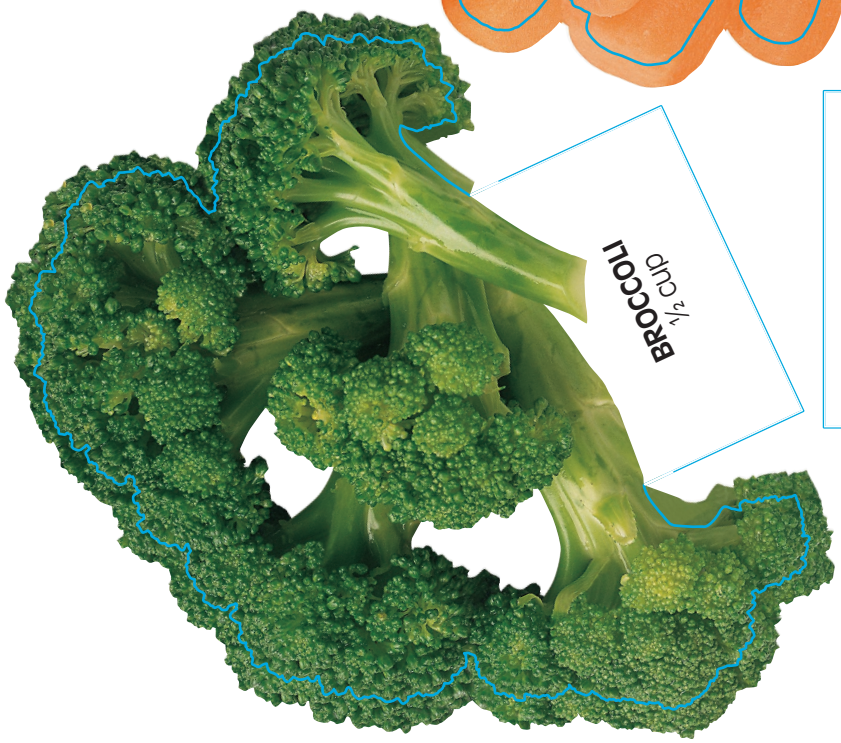
CAULIFLOWER
½ cup



ZUCCHINI
½ cup

BABY CARROTS
½ cup

CABBAGE
½ cup



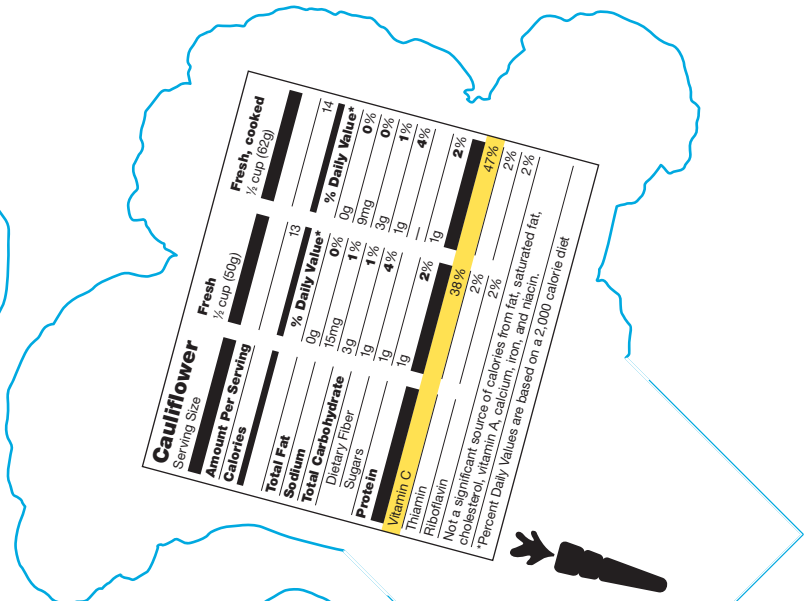
BROCCOLI
½ cup

Zucchini
Serving Size

Amount Per Serving	Fresh ½ cup (65g)	% Daily Value*	Fresh, cooked ½ cup (90g)	% Daily Value*
Calories	9		14	
Total Fat	0g	0%	0g	0%
Sodium	2mg	0%	2mg	0%
Total Carbohydrate	2g	0%	4g	1%
Protein	1g	1%	1g	2%
Vitamin A		2%		4%
Vitamin C		10%		7%
Iron		2%		2%
Thiamin		3%		2%
Riboflavin		1%		2%
Niacin		1%		2%

Not a significant source of calories from fat, saturated fat, cholesterol, and calcium. Values are not available for fiber and sugars.

*Percent Daily Values are based on a 2,000 calorie diet

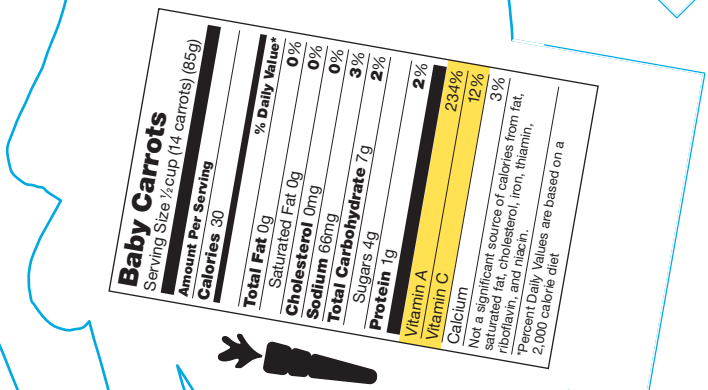


Cauliflower
Serving Size

Amount Per Serving	Fresh ½ cup (50g)	% Daily Value*	Fresh, cooked ½ cup (62g)	% Daily Value*
Calories	13		14	
Total Fat	0g	0%	0g	0%
Sodium	15mg	1%	9mg	0%
Total Carbohydrate	3g	1%	3g	1%
Dietary Fiber	1g	4%	1g	4%
Sugars	1g			
Protein	1g	2%	1g	2%
Vitamin C		38%		47%
Thiamin		2%		2%
Riboflavin		2%		2%

Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, iron, and niacin.

*Percent Daily Values are based on a 2,000 calorie diet

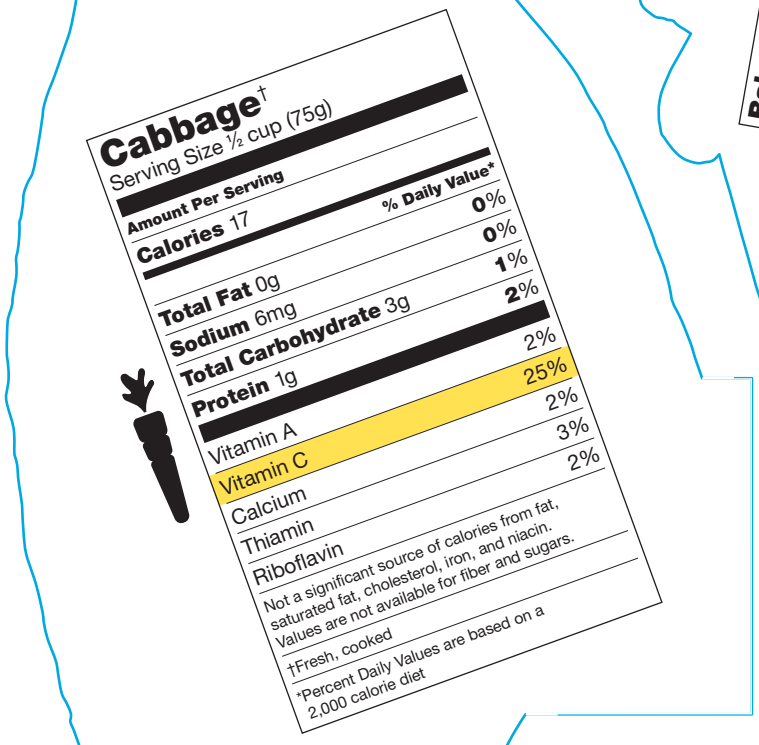


Baby Carrots
Serving Size ½ cup (14 carrots) (85g)

Amount Per Serving		% Daily Value*
Calories	30	
Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	66mg	3%
Total Carbohydrate	7g	2%
Sugars	4g	
Protein	1g	2%
Vitamin A		234%
Vitamin C		12%
Calcium		3%

Not a significant source of calories from fat, saturated fat, cholesterol, iron, thiamin, riboflavin, and niacin.

*Percent Daily Values are based on a 2,000 calorie diet



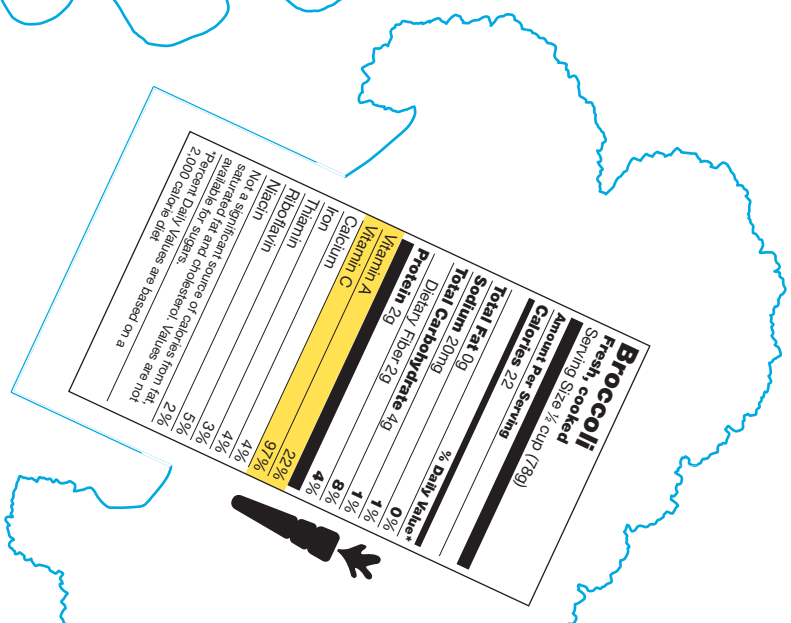
Cabbage†
Serving Size ½ cup (75g)

Amount Per Serving	% Daily Value*
Calories 17	
Total Fat 0g	0%
Sodium 6mg	0%
Total Carbohydrate 3g	1%
Protein 1g	2%
Vitamin A	2%
Vitamin C	25%
Calcium	2%
Thiamin	3%
Riboflavin	2%

Not a significant source of calories from fat, saturated fat, cholesterol, iron, and niacin. Values are not available for fiber and sugars.

†Fresh, cooked

*Percent Daily Values are based on a 2,000 calorie diet



Broccoli
Fresh, cooked
Serving Size ½ cup (78g)

Amount Per Serving		% Daily Value*
Calories	22	
Total Fat	0g	0%
Sodium	20mg	1%
Total Carbohydrate	4g	1%
Dietary Fiber	2g	8%
Protein	2g	4%
Vitamin A		22%
Vitamin C		97%
Calcium		4%
Iron		4%
Thiamin		3%
Riboflavin		5%
Niacin		2%

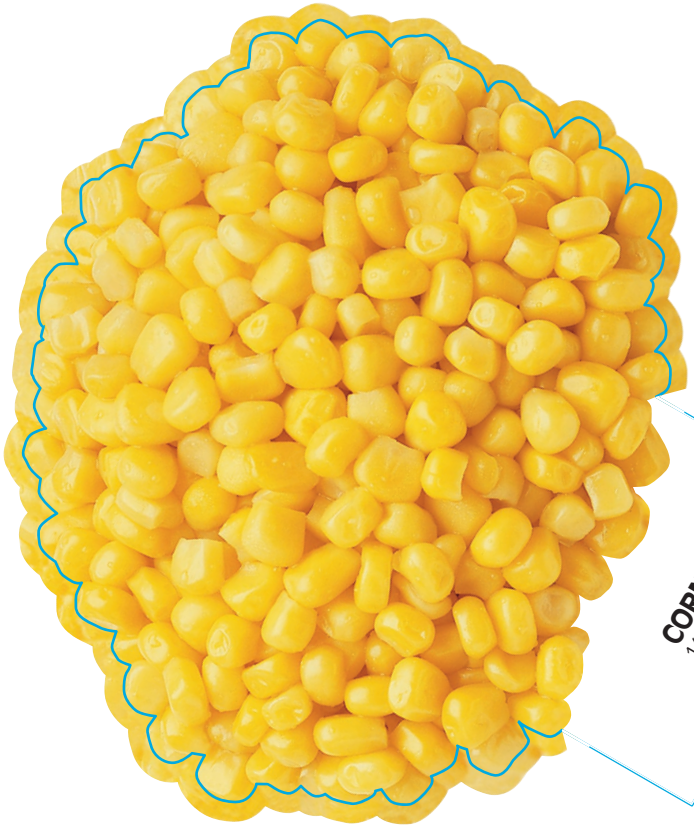
Not a significant source of calories from fat, saturated fat and cholesterol. Values are not available for sugars.

*Percent Daily Values are based on a 2,000 calorie diet

GREEN PEAS
½ cup

GREEN BEANS
½ cup

TOMATO
1 tomato

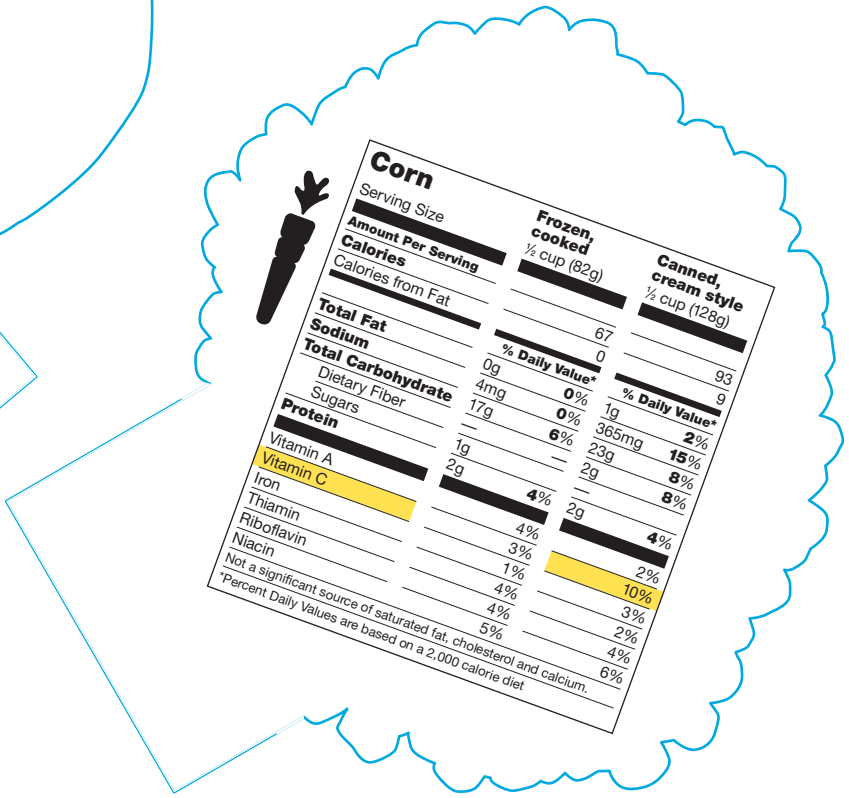


CORN
½ cup


Green Beans, Fresh, cooked
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron
Thiamin
Riboflavin
Niacin
Not a significant source of calories from fat, saturated fat and cholesterol.
Values are based on a 2,000 calorie diet
Frozen, cooked
½ cup (68g)
Canned
½ cup (63g)
% Daily Value*

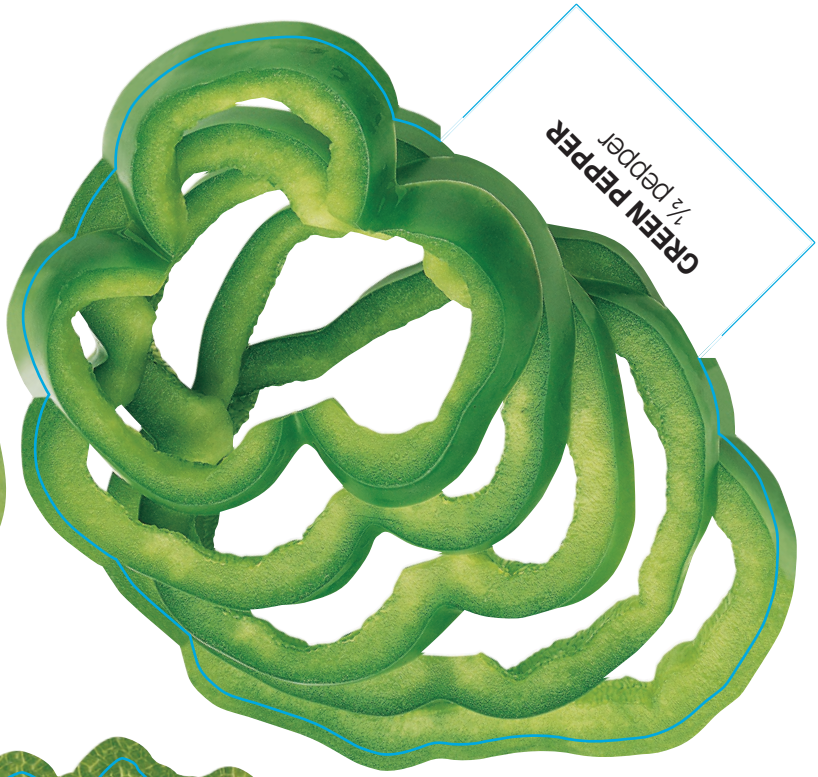

Green Peas
Serving Size
Amount Per Serving
Calories
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron
Thiamin
Riboflavin
Niacin
Not a significant source of calories from fat, saturated fat and cholesterol.
Values are based on a 2,000 calorie diet
Canned, cooked
½ cup (65g)
Frozen, cooked
½ cup (80g)
% Daily Value*


Tomato
Serving Size
Amount Per Serving
Calories
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Calcium
Iron
Thiamin
Riboflavin
Niacin
Not a significant source of calories from fat, saturated fat and cholesterol.
Values are based on a 2,000 calorie diet
Fresh
1 tomato (123g)
Canned
½ cup (120g)
% Daily Value*


Corn
Serving Size
Amount Per Serving
Calories
Calories from Fat
Total Fat
Sodium
Total Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Iron
Thiamin
Riboflavin
Niacin
Not a significant source of saturated fat, cholesterol and calcium.
Frozen, cooked
½ cup (82g)
Canned, cream style
½ cup (128g)
% Daily Value*

SNOW PEAS
½ cup

GREEN PEPPER
½ pepper



LETTUCE
1 cup

Green Pepper†
Fresh
Serving Size ½ pepper (37g)

Amount Per Serving
Calories 10
% Daily Value*

Total Fat 0g **0%**
Sodium 1mg **0%**
Total Carbohydrate 2g **1%**
Dietary Fiber 1g **4%**
Sugars 1g
Protein 0g

Vitamin A **4%**
Vitamin C **55%**
Thiamin **0%**
Not a significant source of calories from fat, saturated fat, cholesterol, calcium, iron, thiamin, riboflavin, and niacin.
†Percent Daily Values are based on a 2,000 calorie diet

Snow Peas
Frozen, cooked
Serving Size ½ cup (80g)

Amount Per Serving
Calories 42
% Daily Value*

Total Fat 0g **0%**
Sodium 4mg **0%**
Total Carbohydrate 7g **2%**
Protein 3g

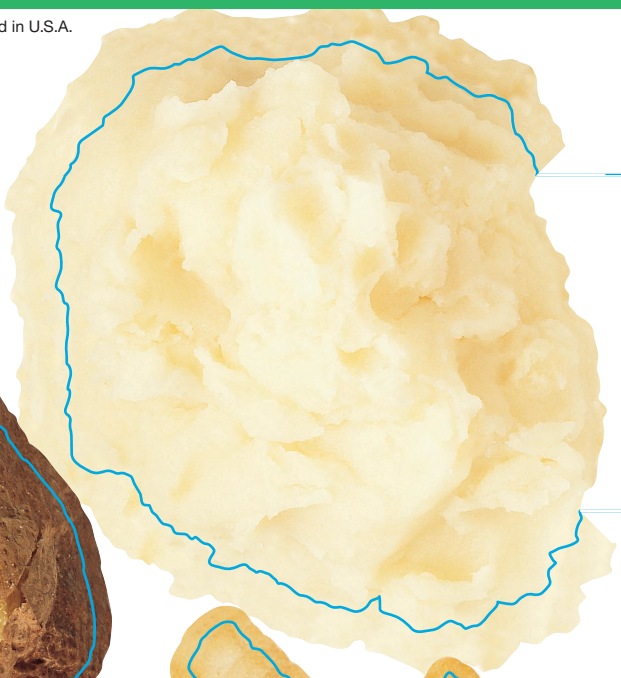
Vitamin A **6%**
Vitamin C **3%**
Calcium **3%**
Iron **30%**
Thiamin **11%**
Riboflavin **3%**
Niacin **6%**
Not a significant source of calories from fat, saturated fat, cholesterol, and sugars.
*Percent Daily Values are based on a 2,000 calorie diet

Lettuce†
Serving Size

Amount Per Serving	**Iceberg** 1 cup (72g)		**Romaine** 1 cup (56g)		**Looseleaf** 1 cup (56g)	
Calories	10		8		10	
		% Daily Value*		**% Daily Value***		**% Daily Value***
Total Fat	0g	**0%**	0g	**0%**	0g	**0%**
Sodium	7mg	**0%**	4mg	**0%**	6mg	**0%**
Total Carbohydrate	2g	**1%**	1g	**0%**	2g	**1%**
Dietary Fiber	1g	**4%**	1g	**4%**	—	—
Sugars	1g		1g		—	—
Protein	1g	**2%**	1g	**2%**	1g	**2%**
Vitamin A		0%		29%		21%
Vitamin C		3%		22%		17%
Calcium		4%		2%		4%
Iron		2%		3%		4%
Thiamin		2%		4%		2%
Riboflavin		1%		3%		3%

Not a significant source of calories from fat, saturated fat, cholesterol, and niacin.
†Fresh
*Percent Daily Values are based on a 2,000 calorie diet

BAKED POTATO
1 large

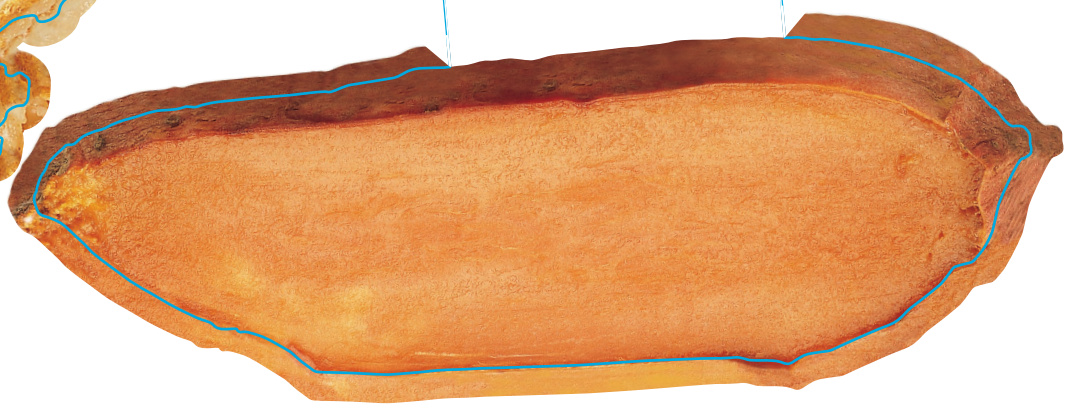


MASHED POTATOES
½ cup

FRENCH-FRIED POTATOES
10 strips

HASHED BROWN POATOES
½ cup

SWEET POTATO
½ medium



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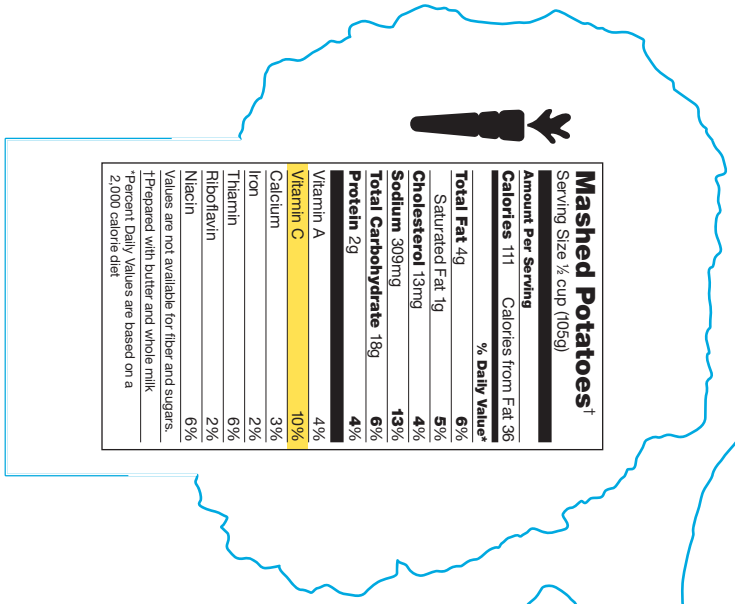


Mashed Potatoes†

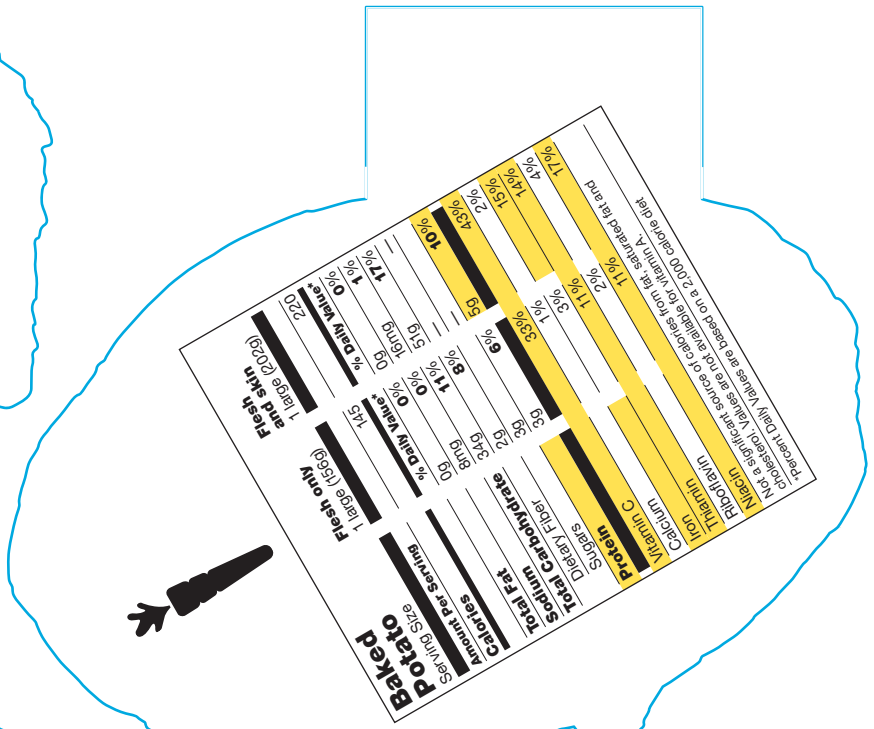
Serving Size ½ cup (105g)

Amount Per Serving	
Calories 111	Calories from Fat 36
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 1g	**5%**
Cholesterol 13mg	**4%**
Sodium 309mg	**13%**
Total Carbohydrate 18g	**6%**
Protein 2g	**4%**
Vitamin A	4%
Vitamin C	10%
Calcium	3%
Iron	2%
Thiamin	6%
Riboflavin	2%
Niacin	6%

Values are not available for fiber and sugars.

†Prepared with butter and whole milk

*Percent Daily Values are based on a 2,000 calorie diet



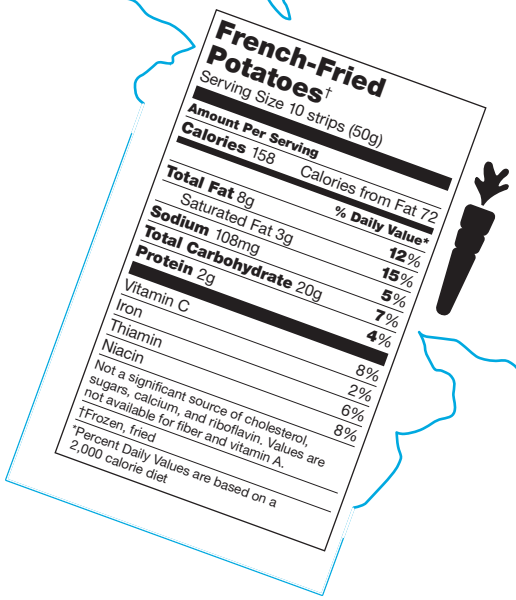
Baked Potato

Serving Size	Flesh only 1 large (156g)	Flesh and skin 1 large (202g)
Amount Per Serving		
Calories	145	220
	% Daily Value*	% Daily Value*
Total Fat	0g 0%	1g 1%
Sodium	9mg 0%	16mg 1%
Total Carbohydrate	33g 11%	51g 17%
Dietary Fiber	2g 8%	5g 20%
Sugars	3g	3g
Protein	3g 6%	5g 10%
Vitamin C	39%	43%
Calcium	1%	2%
Iron	3%	5%
Thiamin	11%	15%
Riboflavin	3%	4%
Niacin	11%	14%
		17%

Not a significant source of cholesterol. Values are not available for fiber and vitamin A.

Cholesterol Values are not available for vitamin A.

*Percent Daily Values are based on a 2,000 calorie diet



French-Fried Potatoes†

Serving Size 10 strips (50g)

Amount Per Serving	
Calories 158	Calories from Fat 72
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 3g	**15%**
Sodium 108mg	**5%**
Total Carbohydrate 20g	**7%**
Protein 2g	**4%**
Vitamin C	8%
Iron	2%
Thiamin	6%
Niacin	8%

Not a significant source of cholesterol, sugars, calcium, and riboflavin. Values are not available for fiber and vitamin A.

†Frozen, fried

*Percent Daily Values are based on a 2,000 calorie diet

Hashed Brown Potatoes

Serving Size ½ cup (78g)

Amount Per Serving	
Calories 163	Calories from Fat 99
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 4g	**20%**
Sodium 19mg	**1%**
Total Carbohydrate 17g	**6%**
Protein 2g	**4%**
Vitamin C	8%
Iron	4%
Thiamin	4%
Niacin	8%

Not a significant source of sugars, calcium and riboflavin. Values are not available for cholesterol, fiber and vitamin A.

*Percent Daily Values are based on a 2,000 calorie diet

Sweet Potato

Baked

Serving Size ½ medium (57g)

Amount Per Serving	
Calories 59	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 6mg	**0%**
Total Carbohydrate 14g	**5%**
Dietary Fiber 2g	**8%**
Protein 1g	**2%**
Vitamin A	249%
Vitamin C	23%
Calcium	2%
Thiamin	3%
Riboflavin	4%
Niacin	2%

Not a significant source of calories from fat, saturated fat, cholesterol, and iron. Values are not available for sugars.

*Percent Daily Values are based on a 2,000 calorie diet

CELERY
1 stalk

CORN ON THE COB
1 ear

SPINACH
1 cup

Corn on Cob
Fresh, cooked
Serving Size 1 ear (77g)

Amount Per Serving	
Calories 83	Calories from Fat 9
	% Daily Value*
Total Fat 1g	**1%**
Sodium 13mg	**6%**
Total Carbohydrate 19g	**12%**
Dietary Fiber 3g	**6%**
Sugars 2g	
Protein 3g	
Vitamin A	3%
Vitamin C	8%
Iron	3%
Thiamin	11%
Riboflavin	3%
Niacin	6%

Not a significant source of saturated fat, cholesterol and calcium.

*Percent Daily Values are based on a 2,000 calorie diet

Celery
Serving Size 1 stalk (40g)

Amount Per Serving	
Calories 6	
	% Daily Value*
Total Fat 0g	**0%**
Sodium 35mg	**1%**
Total Carbohydrate 1g	**0%**
Dietary Fiber 1g	**4%**
Protein 0g	**0%**
Vitamin C	5%
Calcium	2%

Not a significant source of calories from fat, saturated fat, cholesterol, sugars, vitamin A, iron, thiamin, riboflavin, and niacin.

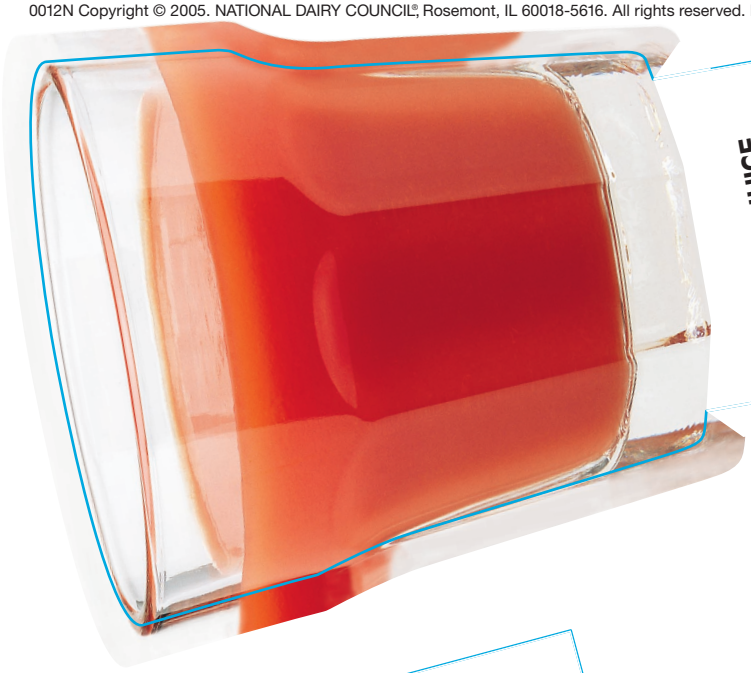
*Percent Daily Values are based on a 2,000 calorie diet

Spinach
Serving Size

Amount Per Serving	Fresh 1 cup (56g)	Fresh, cooked ½ cup (90g)
Calories	12	21
	% Daily Value*	**% Daily Value***
Total Fat	0g	0g
Sodium	**0%**	63mg **3%**
Total Carbohydrate	0g	3g **1%**
Dietary Fiber	0g	2g **8%**
Protein	1g	3g **6%**
Vitamin A	2%	4% 147%
Vitamin C	4%	4% 15%
Calcium	4%	12%
Iron	2%	6% 18%
Thiamin	4%	6% 12%
Riboflavin	6%	8% 6%
Niacin	2%	3% 2%

Not a significant source of calories from fat, saturated fat, cholesterol, and sugars.

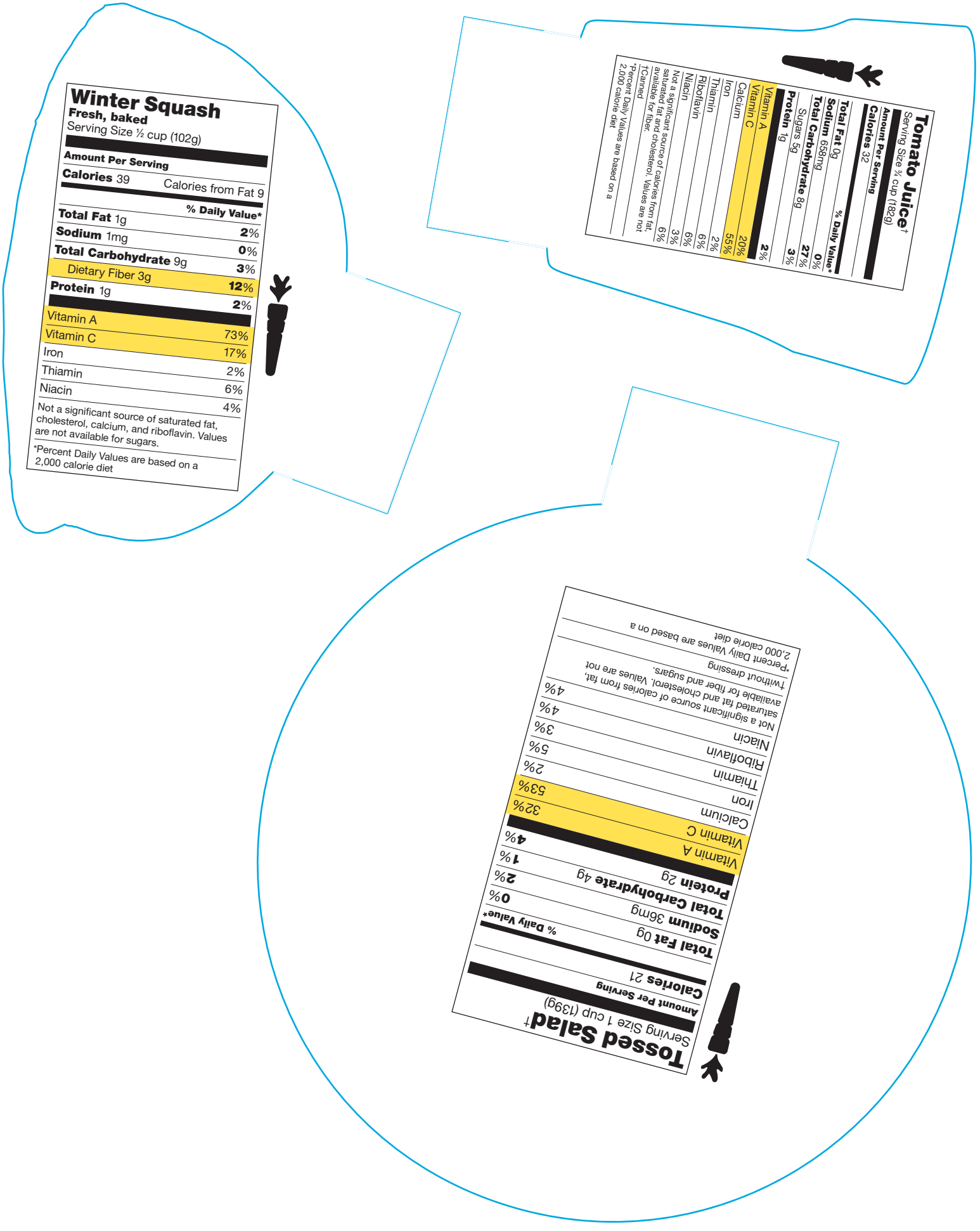
*Percent Daily Values are based on a 2,000 calorie diet



TOMATO JUICE
¾ cup

WINTER SQUASH
½ cup

TOSSED SALAD
1 cup



Winter Squash
Fresh, baked
Serving Size ½ cup (102g)

Amount Per Serving
Calories 39 Calories from Fat 9

	% Daily Value*
Total Fat 1g	2%
Sodium 1mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 3g	12%
Protein 1g	2%
Vitamin A	73%
Vitamin C	17%
Iron	2%
Thiamin	6%
Niacin	4%

Not a significant source of saturated fat, cholesterol, calcium, and riboflavin. Values are not available for sugars.

*Percent Daily Values are based on a 2,000 calorie diet

Tomato Juice†
Serving Size ¾ cup (182g)

Amount Per Serving
Calories 32

	% Daily Value*
Total Fat 0g	0%
Sodium 658mg	27%
Total Carbohydrate 8g	3%
Sugars 5g	
Protein 1g	2%
Vitamin A	20%
Vitamin C	55%
Calcium	2%
Iron	6%
Thiamin	6%
Riboflavin	3%
Niacin	6%

Not a significant source of calories from fat, saturated fat and cholesterol. Values are not available for fiber.

†Canned

*Percent Daily Values are based on a 2,000 calorie diet

Tossed Salad†
Serving Size 1 cup (139g)

Amount Per Serving
Calories 21

	% Daily Value*
Total Fat 0g	0%
Sodium 36mg	2%
Total Carbohydrate 4g	1%
Protein 2g	4%
Vitamin A	32%
Vitamin C	53%
Calcium	2%
Iron	5%
Thiamin	3%
Riboflavin	4%
Niacin	4%

Not a significant source of calories from fat, saturated fat and cholesterol. Values are not available for fiber and sugars.

†without dressing

*Percent Daily Values are based on a 2,000 calorie diet