

Lettuce



Nutritious

Saludable

Less calories

Bajo en calorías

Why do you think lettuce is good to eat?

- * Lettuce is high in nutrition and low in calories.
- * Grow in a dense head - or loose and leafy.
- * Picked and brought directly to market —very fresh.
- * Some are **red**, deep green or both!
- * Deeper the colors the more nutrients and better for you.
- * Good source of vitamins and minerals.
- * Satisfies your thirst.
- * Easy to chew—yet adds crunch to your salads and sandwiches.
- * Eat a salad at every meal to help make your plate half vegetables and to feel full. When you eat salad, you eat lettuce and many other vegetables tossed in!
- * Great value— large head for less money—

Lettuce: no fat and cholesterol, with a moderate fiber and protein content. One cup of shredded romaine lettuce has 2 grams of carbs, 1 gram of protein and 4% of your daily value of dietary fiber.

Good source of fiber to help maintain healthy digestion and bowels.

Good source of vitamins: One serving (1 cup) of romaine lettuce provides 82% of your daily value of vitamin A, 60% of vitamin K, 19% vitamin C and 16% folate. **This is an amazing amount of nutrients in just one small cup of lettuce.**

Good source for minerals. Although no mineral is present in large amounts, manganese stands out with 4% of your daily value. Other minerals include