

CELERY



Fresh Fruit & Vegetable Program

Nutrition Facts

Serving Size 2 medium stalks (110g)

Calories 15	% Daily Value
Total Fat 0g	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%

Protein 0g

Health Benefits

- Source of vitamin A for vision health.
- Good source of vitamin C which can help heal scar tissue.
- An excellent source of vitamin K, providing 40% of the daily recommended amount.

DIFFERENT USES

- Stuff stalks with low-fat cream cheese and sprinkle with paprika.
- Plunge your celery into low fat dip or tuck it into your favorite homemade dish.
- Use the leaves in soup, stuffing, salad and other cooked dishes.
- Kick up your tuna or chicken salad with some hot sauce and crunchy celery. Mix chopped celery, mayonnaise or mustard, with tuna or chicken.

FUN FACT

- It takes only one ounce of celery seeds to grow one acre of celery.
- The seeds are the size of a period (.) typed in 12 point font.
- Celery has been grown and used by humans for over 3,000 years.
- It was first grown around the Mediterranean Sea and was used by Greeks and Romans as medicine.