



As Fresh As Fresh Gets

Fat-free  
Saturated fat-free  
Sodium-free  
Cholesterol-free  
Low in calories  
High in Vitamin C

## Summer Squash

| NUTRITION FACTS   |                              | % daily value* |               |
|---|------------------------------|----------------|---------------|
| Serving Size: 1/2 cup squash (98g)                        | <b>Total Fat</b> 0g          | 0%             | Vitamin A 6%  |
| <b>Amount Per Serving</b>                                 | Saturated Fat 0g             | 0%             | Vitamin C 30% |
| <b>Calories</b> 20  | <b>Cholesterol</b> 0mg       | 0%             | Calcium 2%    |
| <b>Calories from Fat</b> 0                                | <b>Sodium</b> 0mg            | 0%             | Iron 2%       |
| * Percent Daily Values are based on a 2,000 calorie diet. | <b>Total Carbohydrate</b> 4g | 1%             |               |
| Source: Nutrition & Produce Labeling Guide                | Dietary Fiber 2g             | 8%             |               |
|   | Sugars 2g                    |                |               |
|   | <b>Protein</b> 0g            |                |               |

