

HEALTHY EATING

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a 2 medium stalks of celery. All celery are not the same size, but you can use this to estimate the nutrition content for smaller or larger celery.

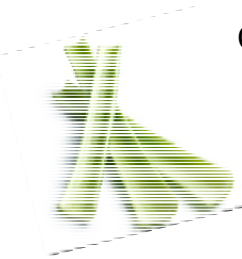
Nutrition Facts

Serving Size 2 medium stalks (110g)

Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	
Vitamin A 10%	Vitamin C 15%
Calcium 4%	Iron 2%

April is Celery Month

Did You KnowThe wild form of celery is known as smallage. It has a bitter taste, and the stalks are stringier than cultivated celery. Smallage was used in ancient times as a medicine, and the Romans used it as a seasoning. It was in the 17th and 18th centuries that celery was developed by breeding the bitterness out of smallage.



Choose celery with straight, rigid stalks and fresh leaves. Celery should smell fresh. Avoid woody or limp stalks.

Store unwashed celery in a plastic bag in refrigerator for up to 2 weeks.

Rinse the stems thoroughly before preparing. Cut the root off the stem and throw away. Dirt is often stuck between the ribs. Cut to desired length.

Celery stalks can be eaten raw, microwaved, steamed, baked, or stir-fried.

Apple Tuna Sandwich

Preparation Time: 10 minutes - Serves 3 – ½ Cup of Vegetables per Serving

Ingredients:

- 2 (6 oz.) cans unsalted tuna in water, drained
- 1 medium apple, chopped
- 1 celery stalk, chopped
- ¼ cup low-fat vanilla yogurt
- 1 teaspoon mustard
- 1 teaspoon honey
- 6 slices whole wheat bread
- 6 lettuce leaves
- 6 slices tomato



Preparation:

- 1.) Combine the tuna, apple, celery, yogurt, mustard, and honey. Mix well.
- 2.) Spread ½ cup of the tuna mixture on three bread slices.
- 3.) Top each slice of bread with lettuce, tomato, and remaining bread.

Nutrition Information per Serving:

Calories 330, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 35 mg, Sodium 370 mg, Carbohydrates 37 g, Dietary Fiber 6 g, Protein 38 g.