

# Fresh Fruit and Vegetable Program Nutritional Education



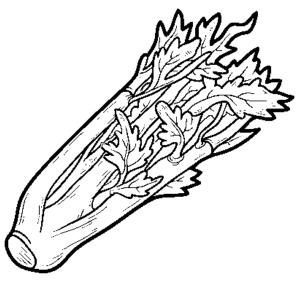
#### Fun Facts:

Celeky is 95% water! It was was initially used as medicine in treatment of toothache, insomnia, hypertension, anxiety, arthritis, rheumatism and to purify the blood.

## CAN YOU FIND ALL OF THESE WORDS?

Celery Stalk Crisp Water Crunch S L R A S T H H D Y P B C J T Y Q G N C P N M C S E E J Q Q Q Q N J D Q D U I I N L F Q P W V B V O N H Z R J E U O R Z F T O K K P S C I R T H R F X N T B C K E X W Y S G R T C B P X G J P Y C S R T K J I V Z S G W O P O C T Z G C B X V A G U Y E N R I H M F S P X G H C L U O V F F L L L N G L U Q L A L Z Y R D D X N O W R N C T L I Z D E O W Q L L J Q P K K L A T S T C B A M P L I W J O F B G K A N U Y F L Y G K V V K K V G W Q E U R W B N

### Color the Celery!



#### **NUTRITIONAL INFORMATION**

Despite its low calorie content, celery provides several micronutrients. It contains potassium, folate, choline, vitamin (), and vitamin (). Celery also offers some natural sodium and fluoride.