



10 FRUIT- & VEGGIE- FORWARD SCHOOL BREAKFAST RECIPES WITH MINIMAL ADDED SUGAR

Recipes Developed to help K12
School Foodservice Professionals
meet USDA Nutrition Standards



**THE
FOUNDATION**
FOR FRESH PRODUCE

have a
plant®

ABOUT THE RECIPES

The United States Department of Agriculture (USDA) [School Breakfast Program](#) is pivotal in ensuring children start their day with a healthy, nutritious meal. Kids who eat school breakfast miss less school, do better in math, and are more likely to graduate high school.

Breakfasts served in school adhere to nutrition standards which are based on the [Dietary Guidelines for Americans](#) (DGA). In early 2023, USDA released a [proposed rule](#) to revise current meal patterns to be consistent with the latest edition of the DGA. For the first time, school meal standards will include an added sugar limit.

In [phase 1](#) which is expected in school year 2025-2026, there will be product-based limits on specific high-sugar products and in phase 2, which is expected in school year 2027-2028, there will be overall weekly limits of no more than 10% of weekly calories from added sugars for both lunch and breakfast programs.

Added sugar intake has been associated with increased weight gain, poor diet quality, dental cavities, and increased risk of cardiovascular disease. A [study](#) published in January of 2021 examined school menus from 48 states and showed that 92% of schools exceeded the DGA for added sugars at breakfast, while 69% exceeded the limit at lunch. On average, added sugars accounted for 17% of calories in school breakfast (70% higher than the DGA limit).

In September 2022, the historic White House Conference on Hunger, Nutrition and Health laid out a national strategy to end hunger and reduce diet-related disease by 2030. Given the widespread adoption of school breakfast programs in the United States, these meals play an integral role in helping achieve the Conference goals.

To assist school foodservice professionals in meeting the new meal pattern requirement for added sugar limits, the International Fresh Produce Association's *Foundation for Fresh Produce* partnered with the team at [Healthy School Recipes](#) to develop 10 fruit- and veggie-forward recipes with low amounts of added sugar that meet the new proposed limits.

In addition to guided recipes, this toolkit provides nutritional information, USDA crediting information, and guidance on serving meals in a grab-and-go setting. We hope you and your students enjoy these inspiring and delicious recipes! #haveaplant



BREAKFAST VEGETABLE QUESADILLA

ONE QUESADILLA CREDITS AS:

- ½ c total vegetable
- 1 ½ oz eq meat/meat alternate
- 1 oz eq grains



Students love Southwest flavors and this quesadilla delivers at breakfast. Savory mushrooms and sweet bell peppers combine with eggs and cheese for a filling and delicious breakfast.

Ingredients

50 Servings

- 2 ½ lb Mushrooms, fresh, diced
- 2 ½ lb Sweet bell red peppers, diced
- ½ tsp Salt, kosher
- 1 tsp Pepper, black
- 3 ¼ lb Eggs, frozen, whole, pasteurized
- 1 ½ lb Cheese, cheddar, shredded, low sodium
- 50 each Flour tortilla, whole-grain rich, 8 inch

PICO DE GALLO

- 5 ¾ lb Tomato
- 6 oz Onion
- ¼ c Jalapeno
- 1 c Cilantro, fresh
- 1 tsp Cumin, ground
- 1 tbsp Garlic, granulated
- Scallions, sliced, for garnish, optional

Directions

1. Preheat oven to 425 °F.
2. Combine mushrooms, bell peppers, salt and pepper.
3. Prepare scrambled eggs according to package directions.

TO BUILD QUESADILLA

1. Line a full sheet tray with parchment. Begin by placing 6 tortillas on the sheet tray.
2. Place a #36 scoop (1 ¾ tbsp.) of shredded cheese, a #8 scoop of vegetable mixture and a #30 scoop (1 oz) of scrambled egg on half of the tortilla.
3. Fold the tortilla in half to create a half-moon. Add additional tortillas as space is created on the sheet tray. Twelve quesadillas will fit on a full sheet tray.
4. Bake for 15 minutes. For crispier quesadilla, bake for 20-30 minutes, flipping half way through.
5. Remove core from the tomatoes and cut into quarters.
6. Add tomatoes, onions, jalapeno, cilantro, cumin, and granulated garlic to a food processor. Pulse to chop up until fine consistency.

CCP: Keep cold, below 41 °F

TO SERVE: Top each quesadilla with ¼ c (# 16 scoop) pico de gallo and 1 tbsp of sliced scallions

NOTE: Keep warm for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	230		Sodium	370	(mg)	Total Sugars	6	(g)
Total Fat	9	(g)	Protein	12	(g)	Added Sugar	1	(g)
Saturated Fat	4	(g)	Total Carbohydrate	29	(g)	Calcium	159	(mg)
Cholesterol	90	(mg)	Dietary Fiber	5	(g)	Iron	3	(mg)

STUFFED BREAKFAST BAKED SWEETPOTATO

ONE PORTION CREDITS AS:

½ c vegetable

¼ c fruit

1 oz eq meat/meat alternate

1 oz eq grains



Potato bar at lunch, yes! Why not at breakfast?!
This nutrient-rich baked sweetpotato is topped with roasted cinnamon apples, walnuts, granola, and creamy yogurt.

Ingredients

50 Servings

- 25 (15 ½ lb) Sweetpotatoes, fresh, 8 to 10 oz AP
- 7 ½ lb Apples, diced
- 2 tbsp Cinnamon
- 3 quarts, ½ c Yogurt, vanilla, lowfat
- 3 lb, 2 oz Granola
- 1 lb, 9 oz Nuts, walnuts, chopped

Directions

1. Line full size sheet pans with parchment paper.
2. Using a vegetable brush, scrub sweetpotatoes under running water to remove debris.
3. Using a chef's knife, cut sweetpotatoes in half lengthwise.
4. Place halved sweetpotatoes on each lined pan.
5. Bake sweet potato halves at 350 °F for approximately 25 to 30 minutes or until easily pierced with a fork.
CCP: Heat to 135 °F or higher.
6. Remove sweetpotatoes from the oven at the end of cooking.
7. Toss apples with cinnamon. Place on a parchment lined sheet tray.
8. Roast in a 350 °F oven for 35-45 minutes.
9. Portion yogurt into cups using a #16 scoop (¼ c).

TO SERVE:

1. Serve one sweetpotato half using tongs.
2. Top with #16 scoop (¼ c) roasted apples and 1 oz. granola.
3. Serve yogurt on the side to be drizzle on top.
4. Serve with ½ ounce chopped walnuts.

NOTE: Serve in a to-go container with components cupped separately for breakfast in the classroom or grab and go

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	410		Sodium	140	(mg)	Total Sugars	25	(g)
Total Fat	13	(g)	Protein	9	(g)	Added Sugar	8	(g)
Saturated Fat	1.5	(g)	Total Carbohydrate	67	(g)	Calcium	163	(mg)
Cholesterol	5	(mg)	Dietary Fiber	7	(g)	Iron	2	(mg)

SHAKSHUKA

ONE PORTION CREDITS AS:

½ c vegetables

2 oz eq. m/ma



This Middle Eastern favorite will quickly become your students' go-to breakfast. Full of flavor and savory vegetables – tomatoes, peppers, onions – this baked dish is topped with an egg and can be served with toasty bread.

Ingredients

50 Servings

- 3 ¼ lb Onions, diced
- 8 lb Tomatoes, Roma
- 3 lb Red bell peppers, diced
- ½ c Oil, vegetable
- ¼ c Garlic, granulated
- ¼ c Cumin, ground
- ¼ c Paprika
- 2 tsp Salt, kosher
- 4 oz Tomato paste
- 50 each Eggs, fresh, large, whole
- 12 oz Feta cheese

Directions

1. In a 4-inch-deep steam table pan, place diced onions, diced tomatoes, and diced peppers.
2. Toss with oil and seasonings.
3. Cover and place in 400 °F oven for 25 to 35 minutes.
4. Remove from oven and add the tomato paste. Stir to combine.
5. Place back in oven, uncovered for 15 minutes.
6. Remove from oven.

Note: this step can be made the previous day and cooled properly.
7. Arrange individual baking dishes (8-ounce disposable) on a sheet pan.
8. Add #8 scoop (1/2 c) of vegetable mixture to each individual baking dish.
9. Crack eggs in a liquid measuring cup just before cooking.
10. Pour one egg into each baking dish on top of vegetable mixture.
11. Top each egg with one tbsp of feta cheese.
12. Bake for 15 minutes or until eggs are cooked (internal temperature reaches 160 °F)
13. Serve immediately.

NOTE: Keep warm for grab and go breakfast.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	150		Sodium	220	(mg)	Total Sugars	5	(g)
Total Fat	9	(g)	Protein	9	(g)	Added Sugar	0	(g)
Saturated Fat	3	(g)	Total Carbohydrate	9	(g)	Calcium	82	(mg)
Cholesterol	190	(mg)	Dietary Fiber	2	(g)	Iron	2	(mg)

BROCCOLI CHEDDAR SHEET TRAY OMELET

ONE PORTION CREDITS AS:

½ c vegetable

2 oz eq. meat/meat alternate



You'll love this easy egg bake with fresh broccoli, plenty of cheese, and topped with roasted cherry tomatoes. Colorful, delicious and easy to serve.

Ingredients

48 Servings

- 5 lb Eggs, liquid, whole
- 24 oz Milk, lowfat
- 1 tsp Salt, kosher
- ½ tsp Pepper, black, ground
- 5 lb Broccoli, fresh, trimmed to florets
- 1 lb Cheese, Cheddar, shredded
- 5 lb Tomatoes, fresh, cherry
- ¼ c Oil, vegetable

Directions

1. Spray full sheet tray (for 48 portions) with vegetable spray.
2. In a large bowl or measuring container, mix together eggs, milk, salt, and pepper. Whisk well.
3. Place broccoli florets on sprayed sheet tray and distribute evenly.
4. Pour egg mixture over broccoli.
5. Bake for 20 to 30 minutes in a 350 °F oven until eggs are set.
6. Add shredded Cheddar cheese to the top of egg bake. Return to oven for another 10 minutes until temperature is 160 °F.
7. While the sheet tray omelet is baking, toss cherry tomatoes with oil and then place on a parchment lined sheet tray.
8. Bake for 10 to 12 minutes in a 350 °F oven, until tomatoes start to pop.

TO SERVE:

1. Cut the sheet tray omelet into 48 portions (6 by 8 cuts for a 3 inch by 3 ¼ inch serving).
2. Top with a #16 scoop (¼ c) of roasted tomatoes.

NOTE: Keep warm for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	140		Sodium	130	(mg)	Total Sugars	3	(g)
Total Fat	9	(g)	Protein	11	(g)	Added Sugar	0	(g)
Saturated Fat	3.5	(g)	Total Carbohydrate	6	(g)	Calcium	140	(mg)
Cholesterol	185	(mg)	Dietary Fiber	2	(g)	Iron	1	(mg)

CARROT CAKE OVERNIGHT OATMEAL

ONE PORTION CREDITS AS:

¼ c vegetable

¼ c fruit

2 oz eq grain

.5 oz eq. meat/meat alternate



This sweet and savory, chilled overnight oats combines the classic flavors of carrot cake in a creamy, grab and go breakfast.

Ingredients

50 Servings

- 3 ¼ lb Carrot, fresh, whole
- 1 gallon Milk, lowfat
- 3 quarts, ½ c Yogurt, lowfat, vanilla
- ¼ c Vanilla extract
- ¼ c Cinnamon, ground
- 2 tsp Nutmeg, ground
- 4 ½ lb Oats, rolled
- 1 ½ lb Raisins, golden
- ¾ lb Coconut, shredded

Directions

1. Finely grate carrots in a food processor using a fine grater attachment. *Note: if using pre-shredded or matchstick carrots process them quickly in a food processor with a blade attachment until finely chopped.*
2. In a large container or standing mixer, whisk together grated carrots, milk, yogurt, vanilla, cinnamon, and nutmeg.
3. Add oats and stir to combine.
4. Stir in raisins and coconut.
5. Let sit for three hours or overnight, before serving. *Note: let sit for one hour before cupping.*
6. Use a #4 or 1 c measure to portion into serving cups. Garnish with shredded carrots and coconut, if desired.

CCP: Hold at 41 °F or below

NOTES:

The carrot cake overnight oats will hold well for up to 3 days and is creamiest two to three days after preparing.

Put a lid on the cups of overnight oats for breakfast in the classroom.

NUTRITION INFORMATION, 1 SERVING = 1 CUP

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	330		Sodium	85	(mg)	Total Sugars	20	(g)
Total Fat	8	(g)	Protein	11	(g)	Added Sugar	3	(g)
Saturated Fat	5	(g)	Total Carbohydrate	54	(g)	Calcium	222	(mg)
Cholesterol	5	(mg)	Dietary Fiber	7	(g)	Iron	2	(mg)

ROASTED SUMMER SQUASH & EGG TACO

ONE PORTION CREDITS AS:

½ c vegetable

2 oz eq. meat/meat alternate

1 oz eq. grain



This fresh and colorful Southwest breakfast taco includes eggs, roasted summer squash and roasted zucchini wrapped in a warm corn tortilla. Top with fresh tomato and cilantro.

Ingredients

50 Servings

- 2 ½ lb Squash, summer, diced
- 2 ½ lb Squash, zucchini, diced
- 2 lb Onion, fresh, diced
- ½ c Oil, canola or vegetable
- 2 tbsp Chili powder
- 2 tbsp Cumin, ground
- ½ tsp Salt, kosher
- 5 ¾ lb Tomato, fresh, diced
- 4 oz Lime juice, fresh
- 5 ¾ lb Eggs, frozen, whole, pasteurized
- 50 each Tortilla, corn
- 3 c Cilantro, fresh, roughly chopped

Directions

1. Preheat oven to 400 °F.
2. Toss diced summer squash, zucchini, and onion with oil, chili powder, cumin and salt.
3. Line a sheet tray with parchment paper. Place tossed vegetables on sheet tray in a single layer. Roast for 35 minutes or until vegetables are tender and caramelized.
4. For lime tomatoes: toss diced tomatoes with lime juice. Chill.
CCP: Hold at 41 °F or below.
5. Prepare scrambled eggs according to package directions.
6. Warm corn tortillas in a warmer until pliable.

TO ASSEMBLE:

1. In warm corn tortillas place #16 scoop (¼ c) of scrambled egg.
2. Add #16 scoop (¼ c) roasted vegetables.
3. Serve with a #16 scoop (¼ c) lime tomatoes.
4. Garnish with cilantro.
5. Serve immediately.

NOTE: Wrap warm tortillas, egg, vegetables and tomatoes separate in a clamshell container for breakfast in the classroom.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	170		Sodium	160	(mg)	Total Sugars	8	(g)
Total Fat	6	(g)	Protein	10	(g)	Added Sugar	0	(g)
Saturated Fat	1	(g)	Total Carbohydrate	20	(g)	Calcium	50	(mg)
Cholesterol	145	(mg)	Dietary Fiber	3	(g)	Iron	1	(mg)

BANANA TOAST

ONE PORTION CREDITS AS:

½ c fruit

2 oz eq grain

1 oz eq. meat/meat alternate



This trendy breakfast toast is topped with creamy peanut butter custard and fresh sliced bananas. Garnished with a drizzle of honey and dusting of cocoa powder – delicious!

Ingredients

50 Servings

- 100 slices (6 ¼ lb) Bread, sliced, whole wheat
- 1 ¾ lb Peanut butter, reduced sugar
- 3 quarts, ½ c Yogurt, Greek, lowfat, vanilla
- 2 tsp Vanilla extract
- 100 to 120 count (14 ¼ lb) Bananas, fresh, sliced
- ½ c Honey
- ¼ c Cocoa powder, garnish

Directions

1. Preheat oven to 400 °F.
2. Place bread on an unlined sheet tray and place in the oven for approximately 10 to 12 minutes to toast.
3. Mix peanut butter, yogurt and vanilla in a large bowl until a smooth, spreadable mixture forms and is well combined.
4. Remove toast from the oven. Spread #30 scoop of peanut butter/yogurt mixture on each piece of toast.
5. Top each slice of toast with sliced bananas.
6. Garnish with a drizzle of honey and dusting of cocoa powder.

NOTE: Package for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	430		Sodium	330	(mg)	Total Sugars	28	(g)
Total Fat	13	(g)	Protein	18	(g)	Added Sugar	3	(g)
Saturated Fat	3	(g)	Total Carbohydrate	65	(g)	Calcium	174	(mg)
Cholesterol	5	(mg)	Dietary Fiber	5	(g)	Iron	2	(mg)

BAKED OATMEAL WITH BLUEBERRIES

ONE PORTION CREDITS AS:

¼ c fruit

1 ½ oz eq. whole grain

½ oz eq. meat/meat alternate
(when served with yogurt)



Naturally sweet fresh blueberries are the star of these delicious oatmeal squares, flavored with vanilla, maple and cinnamon.

This breakfast bake comes together easily and will quickly become a student favorite.

Ingredients

25 Servings/ 50 Servings

- 6 each/ 1 dozen Eggs, large, whole
- ½ c/ 1 c Maple syrup
- 3 c/ 1 ½ quarts Milk, lowfat
- 1 tbsp/ 2 tbsp Vanilla extract
- 2 lb 5 oz/ 4 lb, 10 oz Oats, rolled
- 1 tbsp/ 2 tbsp Baking powder
- ½ tsp/ 1 tsp Salt, kosher
- 2 tsp / 4 tsp Cinnamon, ground
- 2 lb 2 oz/ 4 ¼ lb Blueberries
- 1 ½ c/ 3 c Yogurt, vanilla, optional

Directions

1. Preheat oven to 350 °F.
2. Spray two 2-inch full sized steam table pans (for 50 servings).
3. Whisk wet ingredients (eggs, maple syrup, milk, and vanilla) together.
4. Whisk dry ingredients (oats, baking powder, salt, and cinnamon).
5. Add dry ingredients to wet ingredients and blend together.
6. Stir in blueberries.
7. Bake for 20 minutes or until oats are set.
8. Let rest for 10 minutes. Cut into squares and serve.

Optional: drizzle with vanilla yogurt

NOTE: Package for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	240		Sodium	130	(mg)	Total Sugars	12	(g)
Total Fat	4.5	(g)	Protein	8	(g)	Added Sugar	5	(g)
Saturated Fat	1	(g)	Total Carbohydrate	42	(g)	Calcium	120	(mg)
Cholesterol	45	(mg)	Dietary Fiber	5	(g)	Iron	2	(mg)

LEMONY CORN GRITS WITH SMASHED BLUEBERRIES

ONE PORTION CREDITS AS:

½ c fruit
2 oz eq. grain



Thick and creamy corn grits are flavored with lemon, vanilla and brown sugar, and then topped with juicy smashed blueberries. This warm breakfast bowl has great color and appeal.

Ingredients

25 Servings/ 50 Servings

- 2 lb, 5 oz/ 4 lb, 10 oz Corn grits, whole-grain
- 5 ½ quarts/ 2 gallons, 3 quarts Milk, lowfat
- ½ c/ 1 c Brown sugar
- ½ tsp/ 1 tsp Salt, kosher
- 3 tbsps/ 6 tbsps Lemon zest
- 4 oz/ 1 c Lemon juice
- 2 tbsps/ ¼ c Vanilla extract
- 4 ¼ lb/ 8 ½ lb Blueberries, smashed

Directions

1. Place 2 lb, 5 oz of cornmeal in a 6-inch, half steam table pan. Two pans are needed for 50 portions.
2. Slowly mix in milk. Use 5 ½ quarts for each pan.
3. For each pan, whisk in:
 - ½ c brown sugar
 - ½ tsp salt
 - 3 tbsps lemon zest
 - ½ c lemon juice
 - ⅛ c vanilla extract.
4. Cover and bake in a 350 °F oven for 45 minutes or until thick.
5. Mash blueberries with a potato masher or in stand mixer.
6. Serve a #4 scoop (1 c) of cornmeal topped with ½ c of smashed blueberries.

NOTE: Keep warm for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	300		Sodium	125	(mg)	Total Sugars	22	(g)
Total Fat	2.5	(g)	Protein	11	(g)	Added Sugar	4	(g)
Saturated Fat	1	(g)	Total Carbohydrate	60	(g)	Calcium	280	(mg)
Cholesterol	10	(mg)	Dietary Fiber	3	(g)	Iron	0	(mg)

STRAWBERRY FRENCH TOAST

ONE PORTION CREDITS AS:

½ c fruit

1 ½ oz eq. whole grain

½ oz eq. meat/meat alternate



This fruity French toast bake is a quick and easy breakfast. Whole grain bread and strawberries come together in a light flavorful custard, covered with crumb topping and strawberry sauce. Components of this dish can be combined the day before for easy morning prep.

Ingredients

32 Servings/ 64 Servings

- 3 lb/ 6 lb Bread, whole-grain rich
- 3 ¼ lb/ 6 ½ lb Strawberries, fresh, sliced
- 25 oz/ 6 ¼ cs Milk, lowfat
- 1 ¼ lb/ 2 ½ lb Eggs, liquid, frozen
- 1 tbsp/ 2 tbsp Vanilla extract
- 6 oz/ 12 oz Maple syrup
- 1 tsp/ 2 tsp Cinnamon, ground

CRUMB TOPPING:

- ½ c/ 1 c Flour, all purpose
- ½ tsp 1 tsp Cinnamon, ground
- ¼ c/ ½ c Butter, unsalted
- ¼ c/ ½ c Brown sugar

STRAWBERRY SAUCE:

- 3 ¼ lb/ 6 ½ lb Strawberries, fresh
- 2 tsp/ 4 tsp Lemon juice

Directions

1. Preheat oven to 375 °F.
 2. Spray a 4-inch full steam table pan (for 32 servings) with pan spray.
 3. Cube bread.
 4. Add strawberries and bread to a large container.
 5. In a large bowl mix together milk, egg, vanilla, maple syrup and cinnamon. Toss bread mix with egg mixture until bread is coated.
 6. Add bread and egg mixture to sprayed steam table pan. Cover and let sit for 2 hours or overnight.
1. In a small bowl mix together crumb mixture until pebble sized pieces have formed. Sprinkle over French toast bake.
 2. Bake for 45-60 minutes or until egg is set.
 3. Cut French toast 4 by 8.

STRAWBERRY SAUCE:

1. Add whole strawberries and lemon juice to a steam table pan.
2. Cover and steam for 20 minutes. Remove from steamer and puree strawberries with immersion blender.
3. Alternatively, serve with an additional ¼ c of fresh diced strawberries

NOTE: Package for breakfast in the classroom or grab and go.

NUTRITION INFORMATION, 1 SERVING

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	220		Sodium	230	(mg)	Total Sugars	15	(g)
Total Fat	4.5	(g)	Protein	9	(g)	Added Sugar	8	(g)
Saturated Fat	1.5	(g)	Total Carbohydrate	36	(g)	Calcium	128	(mg)
Cholesterol	55	(mg)	Dietary Fiber	2	(g)	Iron	2	(mg)

ABOUT THE FOUNDATION FOR FRESH PRODUCE

The Foundation for Fresh Produce's (FFP) vision is to grow a healthier world by changing the trajectory of human health. We believe the produce industry has the potential to provide solutions for many of the world's greatest health and economic challenges – especially those surrounding nutrition and hunger. The Foundation focuses on improving the appeal of fruit and vegetables as an integral part of people's diets, supporting the development of infrastructure and supply chain solutions that provide easier access, and establishing strategic alliances that enable children and families to form healthier eating habits. To galvanize the industry efforts to increase consumption of fruits and vegetables, the Foundation for Fresh Produce merged with the Produce For Better Health Foundation (PBH) in January 2023. PBH programming (inclusive of the Have A Plant® Movement) continues under FFP, dedicated to helping consumers live happier, healthier lives by eating more fruits and vegetables every single day.

