

This Weeks Featured Food

Celery



Celery is a leafy green vegetable belonging to the Aplaceae family. Celery is a nutrient dense food. An average celery stalk (~8 inches) contains only 6 calories while providing:

- ⇒ **15% of the daily value for Vitamin K— important for bone and gut health!**
- ⇒ **4% of the daily value for Vitamin A— important for your vision and immune system!**
- ⇒ **2% of the daily value for Vitamin C— important for your immune system!**
- ⇒ **4% of the daily value for Folate— needed for energy!**

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Add celery to your meals or enjoy it as a snack!

References:

<https://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2396/2>

<https://www.choosemyplate.gov/vegetables-nutrients-health>

