

♥ LETTUCE ♥

EXPLORE



Nutritional Benefits

GREEN BUTTER



VERTICAL ROOTS

WHAT ARE
THE HEALTH
BENEFITS OF
LETTUCE?

supports
good
eyesight

vitamin A helps keep your
eyesight sharp

the greener
the better

the darker the leafy green, the
more vitamin and minerals it has

full of
fiber

promotes a healthy digestive
system while helping you stay
fuller for longer



Charleston excellence is our standard
County SCHOOL DISTRICT

