

FRESH  
IN SEASON

# ROMAINE HEARTS



Romaine hearts are the center leaves of romaine lettuce. Their leaves are smaller and sweeter than the outside leaves and they're perfect for salad bases and as a substitute for wraps, sandwich bread, and buns because they are crisp and hardy.

## NUTRITION

Good source of potassium, which has been shown to help lower blood pressure. The vitamin C in romaine can help keep your immune system working well and help prevent cancer.

Low-fat, saturated fat-free, sodium-free, cholesterol-free, low in calories, high in vitamin A and a good source of folate.



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