

Romaine Lettuce



Also known as Cos, this lettuce has a long shape with darker outer leaves. The tight, inner leaves are good in salad because of the light, mild taste.

Nutrition Facts	
Serving Size 1 cup, shredded (47g)	
Amount Per Serving	
Calories 8	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 55%	Vitamin C 19%
Calcium 2%	Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

Key nutrient facts are circled in green.

Butterhead Lettuce



Varieties of Butterhead include Boston lettuce (which looks like a blooming rose) and Bib (which has a small cup-shaped appearance). This variety of lettuce has loose heads, grassy green-colored leaves, buttery texture, and a mild flavor.

Nutrition Facts	
Serving Size 1 cup, shredded or chopped	
Amount Per Serving	
Calories 7	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 36%	Vitamin C 3%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Crisphead Lettuce



The most popular type of Crisphead is Iceberg lettuce, which is known for its crispy leaves and mild flavor. The pale green lettuce looks like cabbage with its leaves packed together. Crisphead Lettuce has less Vitamin A than other types of lettuce, which is why it may be a good idea to mix Crisphead lettuce with other salad greens.

Nutrition Facts	
Serving Size 1/6 medium head Lettuce: Iceberg (89g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 1g	
Vitamin A 4%	Vitamin C 6%
Calcium 2%	Iron 2%

Key nutrient facts are circled in green.

Looseleaf Lettuce



Looseleaf variety does not grow to form lettuce heads. Instead, it has loose leaves with curly edges joined at the stem. The flavor of Looseleaf is light and mild. Common types are Oak Leaf, Red Leaf, and Green Leaf.

Nutrition Facts	
Serving Size 1 1/2 cup, shredded Lettuce: Green Leaf (85g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 1g	
Vitamin A 40%	Vitamin C 6%
Calcium 4%	Iron 0%

Key nutrient facts are circled in green.