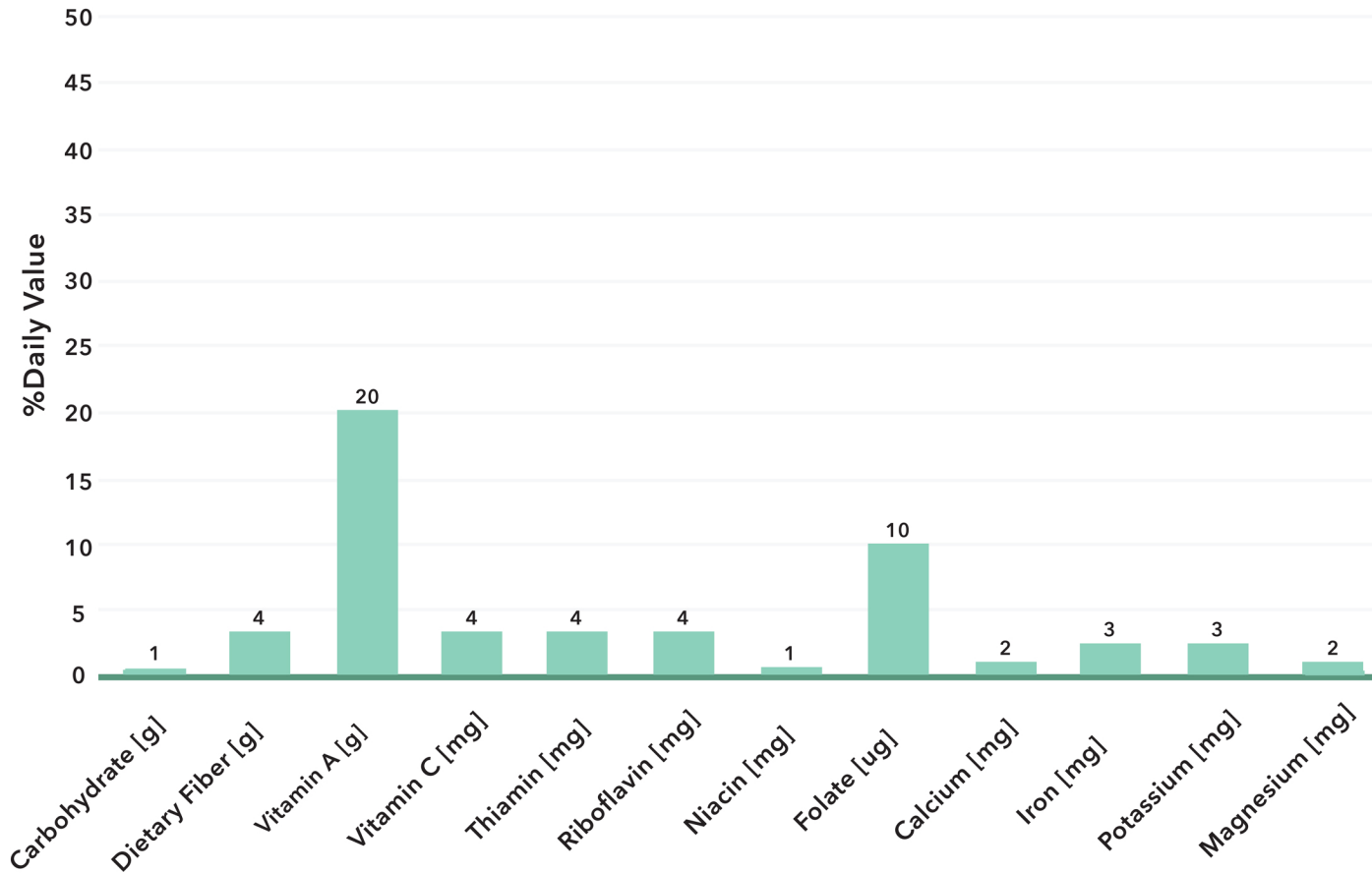


TRI HEAD LETTUCE



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Lactuca sativa



*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

Published by the College of Natural & Applied Sciences (CNAS), University of Guam, in cooperation with the U.S. Department of Agriculture, under Dr. Lee S. Yudin, Director/Dean and through the collaboration of Kristi Hammond, Kevin Dema-Ala, and Dr. Tanisha F. Aflague. University of Guam, CNAS, UOG Station, Mangilao, Guam 96923. Copyright 2018. For reproduction and use permission, contact cnasteam@triton.uog.edu, (671) 735-2000. The University of Guam is an equal opportunity/affirmative action institution providing programs and services to the people of Guam without regard to race, sex, gender identity and expression, age, religion, color, national origin, ancestry, disability, marital status, arrest and court record, sexual orientation, or status as a covered veteran. Find CNAS publications at www.uog.edu/extension/popular-publications.

SEASON

Peak availability
year-round
January through
December

DID YOU KNOW?

Tri-head lettuce contains three different varieties of lettuce - usually red leaf, green leaf, and frisee (related to endive).

Graph is based upon USDA database nutrient composition for the average of three lettuce varieties: 2 cups red leaf (56 g), 2 cups green leaf (72 g), and 1 cup endive (50 g).

