

Lettuce Nutrition Facts



One cup of iceberg lettuce (72g) contains 10 calories, 0.6g of protein, 2.1g of carbohydrates, 0.1g of fat, 7.2 mg of sodium, and 0.9g of fiber. Lettuce is low in calories and high in vitamins and minerals, including vitamin K, vitamin A, folate, and potassium.

- Calories: 10
- Fat: 0.1g
- Sodium: 7.2mg
- Carbohydrates: 2.1g
- Protein: 0.6g
- Fiber: 0.9g

Lettuce Health Benefits

Promotes Heart Health

Lettuce provides essential nutrients for heart health, including folate, vitamin C, and potassium. Lettuce is low in sodium, which helps keep blood pressure levels down.



Aids Healthy Weight Management

Lettuce can replace higher-calorie foods like bread and tortillas. It is a volumetric food, meaning you can eat a large portion without the extra calories.



Improves Hydration

Lettuce benefits hydration due to its high percentage of water. Lettuce is about 95% water.



Supports Diabetes Management

Due to the low carbohydrate content of lettuce, it does not significantly impact blood sugar. It is a non-starchy vegetable that can reduce cravings for less-healthy food choices.

