

# Fruits

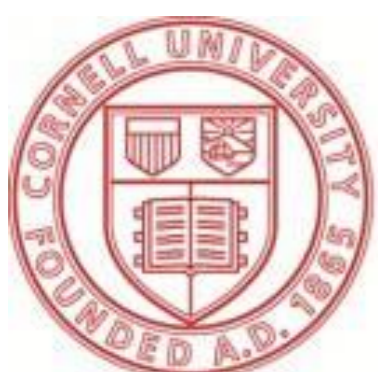


SAVE TIME. SAVE MONEY. EAT HEALTHY.

## Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV)

Fruits Serving Size (gram weight/ounce weight)	Calories	Calories from Fat	Total Fat		Sodium		Potassium		Total Carbohydrate		Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g	%DV	mg	%DV	mg	%DV	g	%DV							
<b>Apple</b> 1 large (242 g/ 8 oz)	130	0	0	0	260	34	34	11	20	25g	1g	2%	8%	2%	2%		
<b>Avocado</b> California, 1/5 medium (30 g/ 1.1 oz)	50	35	4.5	7	0	0	140	3	1	0g	1g	0%	4%	0%	2%		
<b>Banana</b> 1 medium (126 g/ 4.5 oz)	110	0	0	0	450	30	30	10	3	19g	1g	2%	15%	0%	2%		
<b>Cantaloupe</b> 1/4 medium (134 g/ 4.8 oz)	50	0	0	0	20	1	240	12	1	11g	1g	120%	80%	2%	2%		
<b>Grapefruit</b> 1/2 medium (154 g/ 5.5 oz)	60	0	0	0	0	0	160	15	2	11g	1g	35%	100%	4%	0%		
<b>Grapes</b> 3/4 cup (126 g/ 4.5 oz)	90	0	0	0	15	1	240	23	1	20g	0g	0%	2%	2%	0%		
<b>Honeydew Melon</b> 1/10 medium melon (134 g/ 4.8 oz)	50	0	0	0	30	1	210	12	1	11g	1g	2%	45%	2%	2%		
<b>Kiwifruit</b> 2 medium (148 g/ 5.3 oz)	90	10	1	2	0	0	450	20	4	13g	1g	2%	240%	4%	2%		
<b>Lemon</b> 1 medium (58 g/ 2.1 oz)	15	0	0	0	0	0	75	5	2	2g	0g	0%	40%	2%	0%		
<b>Lime</b> 1 medium (67 g/ 2.4 oz)	20	0	0	0	0	0	75	7	2	0g	0g	0%	35%	0%	0%		
<b>Nectarine</b> 1 medium (140 g/ 5.0 oz)	60	5	0.5	1	0	0	250	15	2	11g	1g	8%	15%	0%	2%		
<b>Orange</b> 1 medium (154 g/ 5.5 oz)	80	0	0	0	0	0	250	19	3	14g	1g	2%	130%	6%	0%		
<b>Peach</b> 1 medium (147 g/ 5.3 oz)	60	0	0.5	1	0	0	230	15	2	13g	1g	6%	15%	0%	2%		
<b>Pear</b> 1 medium (166 g/ 5.9 oz)	100	0	0	0	0	0	190	26	6	16g	1g	0%	10%	2%	0%		
<b>Pineapple</b> 2 slices, 3" diameter, 3/4" thick (112 g/ 4 oz)	50	0	0	0	10	0	120	13	1	10g	1g	2%	50%	2%	2%		
<b>Plums</b> 2 medium (151 g/ 5.4 oz)	70	0	0	0	0	0	230	19	2	16g	1g	8%	10%	0%	2%		
<b>Strawberries</b> 8 medium (147g / 5.3 oz)	50	0	0	0	0	0	170	11	2	8g	1g	0%	160%	2%	2%		
<b>Sweet Cherries</b> 21 cherries; 1 cup (140 g/ 5.0 oz)	100	0	0	0	0	0	350	26	1	16g	1g	2%	15%	2%	2%		
<b>Tangerine</b> 1 medium (109 g/ 3.9 oz)	50	0	0	0	0	0	160	13	2	9g	1g	6%	45%	4%	0%		
<b>Watermelon</b> 1/18 medium melon; 2 cups diced pieces (280 g/ 10.0 oz)	80	0	0	0	0	0	270	21	1	20g	1g	30%	25%	2%	4%		



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(January 1, 2008)

# Vegetables



Raw, edible weight portion. Percent Daily Values (%DV)

Calories  
Calories from Fat  
Total Fat  
Sodium  
Potassium  
Total Carbohydrate  
Dietary Fiber  
Sugars  
Protein  
Vitamin A  
Vitamin C  
Calcium  
Iron

Vegetables Serving Size (gram weight/ounce weight)			g %DV	mg %DV	mg %DV	g %DV	g %DV	g	g	%DV	%DV	%DV	%DV
<b>Asparagus</b> 5 spears (93 g/3.3 oz)	20	0	0 0	0 0	230 7	4 1	2 8	2g	2g	10%	15%	2%	2%
<b>Bell Pepper</b> 1 medium (148 g/5.3 oz)	25	0	0 0	40 2	220 6	6 2	2 8	4g	1g	4%	190%	2%	4%
<b>Broccoli</b> 1 medium stalk (148 g/5.3 oz)	45	0	0.5 1	80 3	460 13	8 3	3 12	2g	4g	6%	220%	6%	6%
<b>Carrot</b> 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0 0	60 3	250 7	7 2	2 8	5g	1g	110%	10%	2%	2%
<b>Cauliflower</b> 1/6 medium head (99 g/3.5 oz)	25	0	0 0	30 1	270 8	5 2	2 8	2g	2g	0%	100%	2%	2%
<b>Celery</b> 2 medium stalks (110 g/3.9 oz)	15	0	0 0	115 5	260 7	4 1	2 8	2g	0g	10%	15%	4%	2%
<b>Cucumber</b> 1/3 medium (99 g/3.5 oz)	10	0	0 0	0 0	140 4	2 1	1 4	1g	1g	4%	10%	2%	2%
<b>Green (Snap) Beans</b> 3/4 cup cut (83 g/3.0 oz)	20	0	0 0	0 0	200 6	5 2	3 12	2g	1g	4%	10%	4%	2%
<b>Green Cabbage</b> 1/12 medium head (84 g/3.0 oz)	25	0	0 0	20 1	190 5	5 2	2 8	3g	1g	0%	70%	4%	2%
<b>Green Onion</b> 1/4 cup chopped (25 g/0.9 oz)	10	0	0 0	10 0	70 2	2 1	1 4	1g	0g	2%	8%	2%	2%
<b>Iceberg Lettuce</b> 1/6 medium head (89 g/3.2 oz)	10	0	0 0	10 0	125 4	2 1	1 4	2g	1g	6%	6%	2%	2%
<b>Leaf Lettuce</b> 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0 0	35 1	170 5	2 1	1 4	1g	1g	130%	6%	2%	4%
<b>Mushrooms</b> 5 medium (84 g/3.0 oz)	20	0	0 0	15 0	300 9	3 1	1 4	0g	3g	0%	2%	0%	2%
<b>Onion</b> 1 medium (148 g/5.3 oz)	45	0	0 0	0 0	190 5	11 4	3 12	9g	1g	0%	20%	4%	4%
<b>Potato</b> 1 medium (148 g/5.3 oz)	110	0	0 0	0 0	620 18	26 9	2 8	1g	3g	0%	45%	2%	6%
<b>Radishes</b> 7 radishes (85 g/3.0 oz)	10	0	0 0	55 2	190 5	3 1	1 4	2g	0g	0%	30%	2%	2%
<b>Summer Squash</b> 1/2 medium (98 g/3.5 oz)	20	0	0 0	0 0	260 7	4 1	2 8	2g	1g	6%	30%	2%	2%
<b>Sweet Corn</b> kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5 4	0 0	250 7	18 6	2 8	5g	4g	2%	10%	0%	2%
<b>Sweet Potato</b> 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0 0	70 3	440 13	23 8	4 16	7g	2g	120%	30%	4%	4%
<b>Tomato</b> 1 medium (148 g/5.3 oz)	25	0	0 0	20 1	340 10	5 2	1 4	3g	1g	20%	40%	2%	4%



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