

NUTRITIONAL ANALYSIS - FRUITS

FRUITS	SERVING SIZE	CALORIES	TOTAL FAT	SATURATED FAT	CHOLESTEROL	SODIUM	PROTEIN	CARBOHYDRATES	FIBER
			Grams	Grams	Milligrams	Milligrams	Grams	Grams	Grams
Apple Juice, 100%	1/2 cup	58	0	0	0	4	0	15	0.5
Apple, Fresh	1 each	81	0	0	0	0	0.25	21	4
Applesauce	3/4 cup	37	0	0	0	2	0	10	1
Banana, Fresh	1 each	105	0	0	0	1	1	27	3
Blueberries, Fresh	1 cup	81	0.5	0	0	9	1	21	4
Cantaloupe, Fresh	1 cup	52	0	0	0	12	1	11	1
Cherries, Fresh	1 cup	104	1	0	0	0	2	24	3
Grape Juice, 100%	1/2 cup	77	0	0	0	4	0.5	19	0
Grapes, Fresh	1 cup	62	0	0	0	2	0.5	16	1
Honeydew, Fresh	1 cup	58	0	0	0	17	1	15	1
Kiwi, Fresh	1 each	46	0	0	0	4	1	11	3
Mandarin Oranges, Canned	1/2 cup	72	0	0	0	7	1	18	1.5
Mixed Fruit, Canned	1/2 cup	69	0	0	0	7	0.5	18	1.5
Orange Juice, 100%	1/2 cup	53	0	0	0	2	0	12	0.5
Orange, Fresh	1 each	62	0	0	0	0	1	15	3
Peaches, Canned	1/2 cup	68	0	0	0	17	0.5	18	2
Peaches, Frozen	1/2 cup	37	0	0	0	0	0.5	10	2
Pears, Canned	1/2 cup	72	0	0	0	7	0	19	2
Pears, Frozen	1/2 cup	49	0	0	0	0	0	13	2
Pineapple, Canned	1/2 cup	66	0	0	0	1.5	0.5	17	1
Strawberries, Fresh	1 cup	43	0	0	0	1	1	10	3
Watermelon, Fresh	1 cup	51	0	0	0	3	1	12	1