

NUTRA-FACTS

FRUIT	Serving Size (ounce)	Calories (Kcal)	Fat (g)	Sodium (mg)	Dietary Fiber (g)
Apples	5.5	80	1	0	5
Avocado	2	120	12	5	2
Banana	4.5	120	1	0	3
Cantaloupe	5	50	0	35	0
Cherry	5	90	1	0	3
Grape	5	85	0	3	2
Grapefruit	5.5	50	0	0	6
Honeydew	5	50	0	50	1
Kiwifruit	5.5	90	1	0	4
Lemon	2	18	0	10	0
Lime	2.5	20	0	1	3
Nectarine	5	70	1	0	3
Orange	5.5	50	0	0	6
Peach	6	70	0	0	1
Pear	6	100	1	1	4
Pineapple	4	90	1	10	2
Plum	4.5	70	1	0	1
Strawberries	5.5	50	0	0	3
Tangerine	6	70	0	2	2
Watermelon	10	80	0	10	1

VEGETABLES	Serving Size (ounce)	Calories (Kcal)	Fat (g)	Sodium (mg)	Dietary Fiber (g)
Asparagus	3.5	18	0	0	2
Bell Pepper	5.5	25	1	0	2
Broccoli	5.5	40	1	75	5
Cabbage	3	18	0	30	2
Carrot	3	40	1	40	1
Cauliflower	3	18	0	45	2
Celery	4	20	0	140	2
Cucumber	3.5	18	0	0	0
Green Bean	3	14	0	0	3
Green Onion	1	7	0	0	0
Iceberg Lettuce	3	20	0	10	1
Leaf Lettuce	3	12	0	40	1
Mushrooms	3	25	0	0	0
Onion	5.5	60	0	10	3
Potato	5.5	110	0	10	3
Radishes	3	20	0	35	0
Summer Squash	3.5	20	0	0	1
Sweet Corn	3	75	1	15	1
Sweet Potato	4.5	140	0	15	3
Tomato	5.5	35	1	10	1

*Contains less than 2% of the U.S. RDA of this nutrient.

"Americans should eat a diet low in fat and high in fiber which includes at least 5 servings of fruit and vegetables each day . . ."

National Cancer Institute