

NUTRITIONAL INFORMATION

	Serving Size	Weight (g)	Calories	Total Fat (g)	Saturated Fat (g)	Trans fat (g)	Cholesterol (mg)	Sodium (g)	Carbohydrate (g)	Dietary Fiber (g)	Sugar (g)	Protein (g)	Vitamin A % RDA	Vitamin C % RDA	Calcium % RDA	Iron % RDA
Apples	1 medium	154	80	0.0	0.0	0.0	0	0	22	5	16	0	2%	8%	0%	2%
Apricots	3 apricots	105	50	0.0	0.0	0.0	0	0	12	2	10	1	40%	15%	2%	2%
Artichokes	2/3 medium	85	45	0.0	0.0	0.0	0	80	10	5	1	3	4%	15%	4%	6%
Asparagus	5 medium spears	80	20	0.0	0.0	0.0	0	10	3	2	1	2	15%	10%	2%	4%
Avocados	1/5 medium	30	50	4.5	0.5	0.0	0	0	3	2	0	1	0%	6%	0%	0%
Bananas	1 medium	126	110	0.0	0.0	0.0	0	0	29	3	15	1	2%	20%	0%	2%
Beets	1 beet	82	35	0.0	0.0	0.0	0	65	8	2	6	1	0%	6%	2%	4%
Blueberries	1 cup	145	80	0.0	0.0	0.0	0	0	21	3	14	1	2%	25%	0%	2%
Broccoli	1 medium stalk	148	50	0.5	0.0	0.0	0	50	10	4	3	4	20%	220%	6%	6%
Brussel Sprouts	4 sprouts	84	35	0.0	0.0	0.0	0	20	8	3	2	3	15%	120%	4%	6%
Cabbage	4 medium leaves	92	20	0.0	0.0	0.0	0	15	5	2	3	1	4%	50%	4%	4%
Cantaloupe	1/4 medium	134	45	0.0	0.0	0.0	0	20	10	1	11	1	90%	80%	2%	2%
Carrots	1 medium	72	30	0.0	0.0	0.0	0	50	7	2	3	1	240%	8%	2%	2%
Cauliflower	1/6 medium	96	25	0.0	0.0	0.0	0	30	5	2	2	2	0%	70%	2%	2%
Celery	2 medium stalks	110	15	0.0	0.0	0.0	0	90	3	2	2	1	10%	6%	4%	2%
Cherries	1 cup (21 cherries)	140	90	0.0	0.0	0.0	0	0	22	3	18	1	2%	15%	2%	2%
Corn	kernels from 1 medium ear	90	80	1.0	0.0	0.0	0	15	17	2	3	3	4%	10%	0%	2%
Cranberries	1 cup	95	45	0.0	0.0	0.0	0	0	12	4	4	0	2%	20%	0%	2%
Cucumbers	1/3 medium	99	15	0.0	0.0	0.0	0	0	4	0	2	1	2%	4%	2%	2%
Eggplants	1/5 average	84	20	0.0	0.0	0.0	0	0	5	3	2	1	0%	4%	0%	2%
Figs	3 medium	150	120	0.0	0.0	0.0	0	0	31	2	15	1	20%	30%	0%	4%
Grapefruit	1/2 medium	154	60	0.0	0.0	0.0	0	0	16	6	10	1	15%	110%	2%	0%
Grapes	3/4 cup	126	90	0.0	0.0	0.0	0	0	23	1	20	1	2%	25%	2%	2%
Honeydew	1/10 medium	134	50	0.0	0.0	0.0	0	25	12	1	11	1	2%	40%	0%	2%
Kiwifruit	2 medium	148	90	1.0	0.0	0.0	0	0	22	4	13	2	2%	230%	6%	2%
Lemons	1 medium	58	15	0.0	0.0	0.0	0	0	5	2	1	1	0%	50%	2%	2%
Lettuce, Iceberg	6 large leaves	89	10	0.0	0.0	0.0	0	10	3	1	2	1	8%	4%	2%	2%
Lettuce, Romaine	3 outer leaves	85	15	0.0	0.0	0.0	0	5	3	2	1	1	90%	30%	2%	4%
Limes	1 medium	67	20	0.0	0.0	0.0	0	0	7	2	1	0	0%	30%	2%	2%
Mangos	1/2 mango	104	70	0.0	0.0	0.0	0	0	18	2	15	1	15%	50%	2%	0%
Mushrooms	5 medium	90	20	0.0	0.0	0.0	0	0	3	1	1	3	0%	4%	0%	2%
Nectarines	1 medium	140	60	0.0	0.0	0.0	0	0	15	2	11	1	10%	15%	0%	2%
Onions (White)	1 small	70	30	0.0	0.0	0.0	0	0	7	1	3	1	0%	8%	2%	0%
Onions (Green)	2 medium	30	10	0.0	0.0	0.0	0	0	2	1	1	1	6%	10%	2%	2%
Oranges	1 medium	154	80	0.0	0.0	0.0	0	0	19	3	13	1	8%	150%	6%	2%
Papaya	1/2 papaya	140	50	0.0	0.0	0.0	0	0	14	3	8	1	30%	140%	4%	0%
Peaches	1 large	147	60	0.0	0.0	0.0	0	0	14	2	12	1	10%	15%	0%	2%
Pears	1 medium	166	100	0.0	0.0	0.0	0	0	26	5	16	1	0%	10%	2%	2%
Peppers (Green)	1 small pepper	74	15	0.0	0.0	0.0	0	0	3	1	2	1	6%	100%	0%	2%
Pineapples	2 slices, 3 1/2" diameter, 1/2" thick	112	50	0.0	0.0	0.0	0	0	14	2	10	1	2%	70%	2%	2%
Plantains	1/2 medium	90	110	0.0	0.0	0.0	0	0	29	2	14	1	20%	30%	0%	4%
Plums	2 medium	151	70	0.0	0.0	0.0	0	0	17	2	15	1	10%	25%	0%	2%
Potatoes	1 medium	213	170	0.0	0.0	0.0	0	10	38	3	1	5	0%	70%	2%	10%
Radishes	9 large	81	15	0.0	0.0	0.0	0	30	3	1	2	1	0%	20%	2%	2%
Spinach	8 leaves	80	20	0.0	0.0	0.0	0	65	3	2	0	2	150%	35%	8%	10%
Sprouts (Alfalfa)	1 cup	33	10	0.0	0.0	0.0	0	0	1	1	0	1	2%	4%	2%	2%
Squash (Summer)	1 medium	196	30	0.0	0.0	0.0	0	0	7	2	4	2	8%	60%	2%	4%
Strawberries	12 medium	147	45	0.0	0.0	0.0	0	0	11	3	7	1	0%	140%	2%	4%
Sweet Potatoes	1 medium 5" long	130	110	0.0	0.0	0.0	0	70	26	4	5	2	370%	6%	4%	4%
Tangerines	1 medium	109	60	0.0	0.0	0.0	0	0	15	2	12	1	15%	50%	4%	0%
Tomatoes	1 medium	148	35	0.0	0.0	0.0	0	20	8	2	6	2	20%	60%	2%	4%
Watermelons	1/18 medium	259	80	0.0	0.0	0.0	0	0	20	1	16	2	30%	35%	2%	4%
Yuca	1/4 medium root	103	170	0.0	0.0	0.0	0	15	40	2	2	1	0%	25%	2%	2%