

Fruit

Calories

	Calories	from Fat	Sodium	Carb	Fiber	Protein
			in millograms	in grams	in grams	in grams

Apple, medium	81	0	0	21	3.7	
Banana, 7 inch	109	0	1	28	2.8	1
Canteloupe, ½ cup	28	0	7	6	0.6	0
Grapes, ½ cup	57	0	55	14	0.75	0.5
Honeydew, ½ cup	30	0	8	8	0.5	0.5
Kiwi, 1	46	0	2	6	1.3	0.5
Orange, half	31	0	0	8	1.75	0
Pear, medium	98	1	0	25	4	1
Strawberries, ½ cup	25	0	1	6	1.5	0.5
Watermelon, 1 cup	49	1	3	11	0.8	1

Applesauce, unsweetened, ½ cup	55	0	2.5	14	1.4	0
Canned Mixed Fruit, ½ c	54	0	5	14	1.2	0.5
Canned Peaches, ½ cup	55	0	5	15	1.6	0
Canned Mandarin, ½ cup	90	0	20	0	1	1
Canned Pineapple, ½ c	80	0	10	20	2	0

Apple Juice, 4 oz.	60	0	0	13	0	0
Cranberry Juice, 4 oz.	70	0	5	15	0	0
Grape Juice, 4 oz.	60	0	0	16	0	0

Strawberries/Frz/½ cup	150	0	0	38	2	0
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