

<b>Fruit</b>	<b>Calories</b>	<b>Cal from Fat</b>	<b>Sodium</b>	<b>Carb</b>	<b>Fiber</b>	<b>Protein</b>	<b>Sugars</b>
<b>Fresh</b>			in millograms	in grams	in grams	in grams	in grams
<b>Apple, medium</b>	70	0	0	18	3	0	13
<b>Banana, 1/2 cup</b>	110	0	0	27	3	1	14
<b>Canteloupe, 1 cup</b>	60	0	30	16	1	1	15
<b>Grapes, 1 cup</b>	110	0	15	28	1	1	24
<b>Honeydew, 1/2 cup</b>	30	0	8	8	0.5	0.5	16
<b>Kiwi, 1</b>	45	0	0	11	2	1	7
<b>Orange, 1</b>	90	0.5	0	21	5	2	n/a
<b>Pear, medium 1C</b>	90	0	0	25	5	1	16
<b>Strawberries, 1 cup</b>	50	0	0	12	4	1	
<b>Watermelon, 1 cup</b>	45	0	0	11	1	1	9

<b>Fruit, Canned</b>							
<b>Applesauce, unsweetened, 1 cup</b>	60	0	10	13	2	0	12
<b>Canned Fruit Cocktail, 1/2 cup</b>	60	0	10	14	1	0	11
<b>Canned Peaches, Sliced 1/2 cup</b>	50	0	5	12	0	0	10
<b>Canned Peaches, Diced 1/2 cup</b>	60	0	10	14	0	0	11
<b>Canned Pineapple, Tidbits 1/2 cup</b>	70	0	0	18	1	0	15
<b>Canned Pears Sliced 1/2 cup</b>	70	0	0	16	2	0	11
<b>Canned Pears, Diced 1/2 cup</b>	70	0	0	17	1	0	15
<b>Tropical Fruit Salad 1/2C</b>	60	0	0	15	2	0	14
<b>Apple Juice, 4 oz.</b>	50	0	10	13	0	0	12
<b>Grape Juice, 4 oz.</b>	80	0	10	19	0	0	18
<b>Orange Juice 4 oz.</b>	60	0	0	14	0	0	12

<b>Strawberries/Frz/ 1/2 cup</b>	40	0	0	10	2	0	5
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10/24/19