

FRUIT	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Apple Juice, 100%	16 fl. oz.	232	0	0	0	16	0	58	0
Apple, Fresh	1 each	81	0	0	0	0	0.25	21	4
Banana, Fresh	1 each	105	0	0	0	1	1	27	3
Cantaloupe, Fresh	1 cup	52	0	0	0	12	1	11	1
Fresh Fruit Medley with Yogurt Cream	1 each	100	1	0	0	40	3	23	3
Grapefruit Juice, 100%	16 fl. oz.	188	0	0	0	4	2	44	0
Grapes, Fresh	1 cup	62	0	0	0	2	0.5	16	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
Orange Juice, 100%	16 fl. oz.	210	0	0	0	10	3	50	1
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
Pears, Canned	1/2 cup	72	0	0	0	7	0	19	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