

VEGETABLES	SERVING SIZE	CALORIES	TOTAL FAT Grams	SATURATED FAT Grams	CHOLESTEROL Milligrams	SODIUM Milligrams	PROTEIN Grams	CARBS Grams	FIBER Grams
Beets, Pickled	1/2 cup	10	0	0	0	25	0	2	0
Broccoli	1/2 cup	12	0	0	0	12	1	2	1
Carrots	1/2 cup	38	0	0	0	31	1	9	2.5
Cauliflower	1/2 cup	12	0	0	0	15	1	2.5	1
Cole Slaw	1/2 cup	115	8	1	8	145	0.5	6	1
Corn	1/2 cup	65	0	0	0	4	2	16	4
Cucumber	1/2 cup	7	0	0	0	1	0	1	0.5
Garbanzo Beans	1/2 cup	100	2	0	0	360	4	19	4
Green Beans	1/2 cup	19	0	0	0	6	1	4	2
Green Peppers	1/2 cup	20	0	0	0	2	0.5	5	1
Juice, V-8®	10 fl. oz.	51	0	0	0	1095	2	13	1
Lettuce	1/2 cup	4	0	0	0	2	0	0.5	0.25
Onion Rings, Fried	6 oz.	600	30	9	24	555	6	75	3
Peas	1/2 cup	63	0	0	0	35	4	12	4
Potato Salad	1/2 cup	95	7	1	8	120	0.5	6	1
Potato, Baked	1 each	220	0	0	0	16	5	51	5
Potatoes, French Fried	6 oz.	534	29	12	24	366	8	68	4
Spinach	1/2 cup	3	0	0	0	8	0	0.5	0.25
Tomatoes	1/2 cup	25	0	0	0	10	1	6	1