

# FRUIT NUTRITION

Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Fiber (g)	Sugars (g)	Protein (g)
Apple (1 ea, small)	80	0	0	0	0	1	21	4	16	0
Apple, Sliced (1 bag)	38	0	0	0	0	15	9	2	7	0
Applesauce (1/2 c)	94	0	0	0	0	10	23	2	19	0
Applesauce Cups (1 ea.)	51	0	0	0	0	2	14	1	12	0
Banana (1 ea, small)	110	0	0	0	0	0	29	3	15	1
Blueberries, Fresh (1/2 c.)	42	0	0	0	0	1	11	2	7	0
Cantaloupe Chunks, Fresh (1/2 c.)	27	0	0	0	0	13	7	1	6	1
Craisins (1/4 c.)	130	0	0	0	0	0	33	3	29	0
Cranberry Sauce (1 oz.)	38	0	0	0	0	3	9	0	7	0
Grapefruit, Fresh (1/2 ea small)	89	0	0	0	0	0	23	4	15	2
Grapes, Green (1/2c.)	57	0	0	0	0	2	14	1	14	0
Grapes, Red (1/2 c.)	57	0	0	0	0	3	15	0	12	0
Honeydew Chunks, Fresh (1/2 c.)	27	0	0	0	0	13	7	1	6	1
Kiwi (1/2 c.)	54	1	0	0	0	5	26	15	16	2
Mandarin Oranges w. Strawberries (1/2 c.)	106	0	0	0	0	8	26	1	23	1
Mandarin Oranges, Canned (1/2 c.)	101	0	0	0	0	13	23	1	20	1
Mixed Berry Cup (1 ea.)	90	0	0	0	0	0	20	2	16	0
Mixed Fruit, Canned (1/2 c.)	62	0	0	0	0	5	16	1	12	1
Orange (1 ea, small)	61	0	0	0	0	0	15	3	12	1
Peach Cup (1 ea.)	80	0	0	0	0	0	19	1	16	1
Peaches Diced, Canned (1/2 c.)	70	0	0	0	0	10	17	1	16	1
Peaches Sliced, Canned (1/2 c.)	70	0	0	0	0	10	17	1	16	1
Pear Halves, Canned (1/2 c.)	80	0	0	0	0	5	20	2	14	0
Pears Diced, Canned (1/2 c)	84	0	0	0	0	5	21	2	15	0
Pears, Diced (1/2 c.)	87	0	0	0	0	16	21	1	16	0
Pears, Fresh (1 ea)	87	0	0	0	0	1	23	5	15	1
Pineapple Chunks, Canned (1/2 c)	80	0	0	0	0	0	22	1	20	1
Pineapple Chunks, Fresh (1/2 c.)	41	0	0	0	0	1	11	1	8	0
Pineapple Tidbits, Canned (1/2 c.)	71	0	0	0	0	0	17	1	15	0
Strawberries, Sliced Frozen (1/2 c.)	70	0	0	0	0	0	19	1	17	1
Strawberry Cup (1 ea.)	90	0	0	0	0	0	22	2	18	1
Watermelon Diced, Fresh (1/2 c.)	25	0	0	0	0	2	6	0	5	1