

Fruits



Nutrition Facts

Raw, edible weight portion.
Percent Daily Values (%DV) are
based on a 2,000 calorie diet.

Fruits Serving Size (gram weight/ounce weight)	Calories	Calories from Fat		Total Fat	Sodium	Potassium	Total Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			g	mg	mg	g	g	g	g	g	%DV	%DV	%DV	%DV
		%DV	%DV	%DV	%DV	%DV	%DV	%DV						
Apple 1 large (242 g/8 oz)	130	0	0	0	260	34	5	25g	1g	2%	8%	2%	2%	
Avocado California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	0	140	3	1	0g	1g	0%	4%	0%	2%	
Banana 1 medium (126 g/4.5 oz)	110	0	0	0	450	30	3	19g	1g	2%	15%	0%	2%	
Cantaloupe 1/4 medium (134 g/4.8 oz)	50	0	0	20	240	12	1	11g	1g	120%	80%	2%	2%	
Grapefruit 1/2 medium (154 g/5.5 oz)	60	0	0	0	160	15	2	11g	1g	35%	100%	4%	0%	
Grapes 3/4 cup (126 g/4.5 oz)	90	0	0	15	240	23	1	20g	0g	0%	2%	2%	0%	
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0	30	210	12	1	11g	1g	2%	45%	2%	2%	
Kiwifruit 2 medium (148 g/5.3 oz)	90	10	1	0	450	20	4	13g	1g	2%	240%	4%	2%	
Lemon 1 medium (58 g/2.1 oz)	15	0	0	0	75	5	2	2g	0g	0%	40%	2%	0%	
Lime 1 medium (67 g/2.4 oz)	20	0	0	0	75	7	2	0g	0g	0%	35%	0%	0%	
Nectarine 1 medium (140 g/5.0 oz)	60	5	0.5	0	250	15	2	11g	1g	8%	15%	0%	2%	
Orange 1 medium (154 g/5.5 oz)	80	0	0	0	250	19	3	14g	1g	2%	130%	6%	0%	
Peach 1 medium (147 g/5.3 oz)	60	0	0.5	0	230	15	2	13g	1g	6%	15%	0%	2%	
Pear 1 medium (166 g/5.9 oz)	100	0	0	0	190	26	6	16g	1g	0%	10%	2%	0%	
Pineapple 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	10	120	13	1	10g	1g	2%	50%	2%	2%	
Plums 2 medium (151 g/5.4 oz)	70	0	0	0	230	19	2	16g	1g	8%	10%	0%	2%	
Strawberries 8 medium (147g/5.3 oz)	50	0	0	0	170	11	2	8g	1g	0%	160%	2%	2%	
Sweet Cherries 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	350	26	1	16g	1g	2%	15%	2%	2%	
Tangerine 1 medium (109 g/3.9 oz)	50	0	0	0	160	13	2	9g	1g	6%	45%	4%	0%	
Watermelon 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	270	21	1	20g	1g	30%	25%	2%	4%	

Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.