

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 %DV	mg %DV	mg %DV	g %DV	g %DV	g	g	%DV	%DV	%DV	%DV
Apple 1 large (242 g/8 oz)	130	0	0 0	0 0	260 7	34 11	5 20	25g	1g	2%	8%	2%	2%
Avocado California, 1/5 medium (30 g/1.1 oz)	50	35	4.5 7	0 0	140 4	3 1	1 4	0g	1g	0%	4%	0%	2%
Banana 1 medium (126 g/4.5 oz)	110	0	0 0	0 0	450 13	30 10	3 12	19g	1g	2%	15%	0%	2%
Cantaloupe 1/4 medium (134 g/4.8 oz)	50	0	0 0	20 1	240 7	12 4	1 4	11g	1g	120%	80%	2%	2%
Grapefruit 1/2 medium (154 g/5.5 oz)	60	0	0 0	0 0	160 5	15 5	2 8	11g	1g	35%	100%	4%	0%
Grapes 3/4 cup (126 g/4.5 oz)	90	0	0 0	15 1	240 7	23 8	1 4	20g	0g	0%	2%	2%	0%
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0 0	30 1	210 6	12 4	1 4	11g	1g	2%	45%	2%	2%
Kiwifruit 2 medium (148 g/5.3 oz)	90	10	1 2	0 0	450 13	20 7	4 16	13g	1g	2%	240%	4%	2%
Lemon 1 medium (58 g/2.1 oz)	15	0	0 0	0 0	75 2	5 2	2 8	2g	0g	0%	40%	2%	0%
Lime 1 medium (67 g/2.4 oz)	20	0	0 0	0 0	75 2	7 2	2 8	0g	0g	0%	35%	0%	0%
Nectarine 1 medium (140 g/5.0 oz)	60	5	0.5 1	0 0	250 7	15 5	2 8	11g	1g	8%	15%	0%	2%
Orange 1 medium (154 g/5.5 oz)	80	0	0 0	0 0	250 7	19 6	3 12	14g	1g	2%	130%	6%	0%
Peach 1 medium (147 g/5.3 oz)	60	0	0.5 1	0 0	230 7	15 5	2 8	13g	1g	6%	15%	0%	2%
Pear 1 medium (166 g/5.9 oz)	100	0	0 0	0 0	190 5	26 9	6 24	16g	1g	0%	10%	2%	0%
Pineapple 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0 0	10 0	120 3	13 4	1 4	10g	1g	2%	50%	2%	2%
Plums 2 medium (151 g/5.4 oz)	70	0	0 0	0 0	230 7	19 6	2 8	16g	1g	8%	10%	0%	2%
Strawberries 8 medium (147g/5.3 oz)	50	0	0 0	0 0	170 5	11 4	2 8	8g	1g	0%	160%	2%	2%
Sweet Cherries 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0 0	0 0	350 10	26 9	1 4	16g	1g	2%	15%	2%	2%
Tangerine 1 medium (109 g/3.9 oz)	50	0	0 0	0 0	160 5	13 4	2 8	9g	1g	6%	45%	4%	0%
Watermelon 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0 0	0 0	270 8	21 7	1 4	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.