

Portion		Fruits	Calories	Total Fat grams	Sat. Fat grams	Protein grams	Carb. grams	Calcium (mg)	Iron (mg)	Vit. C (mg)	Vit. A (IU)	Sodium (mg)	Chol. (mg)	Fiber (grams)
0.33 cup		Apple Crisp	194.8	4.5	0.9	0.8	38.4	14.0	1.8	0.1	194.4	132.9	0.0	7.3
0.50 each		Apple, Fresh	40.5	0.0	0.0	0.0	10.5	5.0	0.1	4.0	3.5	0.0	0.0	1.9
1.00 each		Apple, Fresh Whole	81.0	0.0	0.0	0.0	21.0	10.0	0.2	8.0	7.0	0.0	0.0	3.7
0.25 cup		Applesauce, Unsweetened	26.2	0.0	0.0	0.1	6.9	1.8	0.1	0.7	17.7	1.2	0.0	0.7
0.33 cup		Applesauce, Unsweetened	34.6	0.0	0.0	0.1	9.1	2.4	0.1	1.0	23.4	1.6	0.0	1.0
0.50 cup		Applesauce, Unsweetened	52.5	0.1	0.0	0.2	13.8	3.7	0.1	1.5	35.4	2.4	0.0	1.5
1.00 each		Applesauce Gelatin	57.9	0.0	0.0	0.9	14.2	1.7	0.1	0.5	13.1	47.9	0.0	0.5
0.25 cup		Applesauce, Sweetened	48.5	0.1	0.0	0.1	12.7	2.6	0.2	1.1	7.0	1.9	0.0	0.8
0.33 cup		Applesauce, Sweetened	64.0	0.2	0.0	0.2	16.8	3.4	0.3	1.4	9.3	2.5	0.0	1.0
0.50 cup		Applesauce, Sweetened	96.9	0.2	0.0	0.2	25.4	5.1	0.4	2.2	14.0	3.8	0.0	1.5
1.00 each		Banana, Fresh Whole	105.0	0.4	0.1	1.3	27.0	5.9	0.3	10.3	75.5	1.2	0.0	3.1
0.25 cup		Cinnamon Apples	39.5	1.0	0.2	0.0	7.8	2.7	0.9	0.0	40.7	19.3	0.0	4.8
0.33 cup		Cinnamon Apples	52.1	1.3	0.3	0.0	10.3	3.5	1.2	0.0	53.7	25.5	0.0	6.4
0.25 cup		Fruit Cocktail	34.5	0.0	0.0	0.2	9.0	3.6	0.2	1.1	124.0	3.6	0.0	0.6
0.33 cup		Fruit Cocktail	45.5	0.1	0.0	0.3	11.9	4.8	0.2	1.5	163.7	4.8	0.0	0.8
0.50 cup		Fruit Cocktail	69.0	0.1	0.0	0.5	18.1	7.3	0.4	2.3	248.1	7.3	0.0	1.2
1.00 each		Gelatin w/ Mixed Fruit	95.8	0.0	0.0	1.4	23.7	4.5	0.2	1.3	137.5	74.5	0.0	0.7
1.00 each		Gelatin w/ Sliced Peaches	93.6	0.0	0.0	1.5	23.4	2.5	0.3	1.6	236.2	73.8	0.0	0.9
1.00 each		Gelatin w/ Sliced Pears	95.3	0.0	0.0	1.3	23.7	3.8	0.2	0.5	0.0	73.8	0.0	1.1
0.25 cup		Grapefruit, Fresh	18.4	0.1	0.0	0.4	4.6	6.9	0.1	19.8	34.5	0.0	0.0	0.6
0.33 cup		Grapefruit, Fresh	24.3	0.1	0.0	0.5	6.1	9.1	0.1	26.1	45.5	0.0	0.0	0.8
0.50 cup		Grapefruit, Fresh	36.8	0.1	0.0	0.7	9.3	13.8	0.1	39.6	69.0	0.0	0.0	1.3
0.25 cup		Grapes, Seedless Red or White	28.5	0.0	0.1	0.3	7.0	4.5	0.1	4.3	13.8	0.8	0.0	0.4
0.33 cup		Grapes, Seedless Red or White	37.6	0.0	0.1	0.3	9.2	5.9	0.1	5.6	18.2	1.0	0.0	0.5
0.50 cup		Grapes, Seedless Red or White	57.0	0.0	0.2	0.5	14.0	9.0	0.2	8.5	27.5	1.5	0.0	0.8
1.00 each		Juice Bar, Frozen	50.0	0.2	0.0	0.2	12.0	5.5	0.9	60.0	0.0	5.5	0.0	0.0
1.00 each		Kiwi, Fresh Whole	55.5	0.5	0.0	1.0	13.3	30.9	0.3	84.4	79.2	2.7	0.0	2.7
0.25 cup		Mandarin Oranges, Canned	60.6	0.0	0.0	0.8	14.4	15.2	0.5	18.2	75.8	11.4	0.0	0.8
0.33 cup		Mandarin Oranges, Canned	80.0	0.0	0.0	1.0	19.0	20.0	0.7	24.0	100.0	15.0	0.0	1.0
0.50 each		Orange Smiles	31.0	0.0	0.0	0.5	7.5	26.0	0.1	35.0	134.5	0.0	0.0	1.6
1.00 each		Orange, Fresh Whole	62.0	0.0	0.0	1.0	15.0	52.0	0.1	70.0	269.0	0.0	0.0	3.1
0.33 cup		Peach Crisp	212.2	4.5	0.9	1.1	43.8	14.1	0.8	2.1	498.1	124.8	0.0	1.5
0.25 cup		Peaches, Sliced	34.1	0.0	0.0	0.3	9.2	1.9	0.2	1.5	223.3	3.2	0.0	0.8
0.33 cup		Peaches, Sliced	45.0	0.0	0.0	0.4	12.1	2.5	0.3	2.0	294.8	4.2	0.0	1.1
0.50 cup		Peaches, Sliced	68.1	0.0	0.0	0.6	18.4	3.8	0.5	3.0	446.6	6.3	0.0	1.6
0.33 cup		Pears, Halves	44.8	0.0	0.0	0.1	11.9	3.9	0.2	0.6	0.0	3.9	0.0	1.3
0.25 cup		Pears, Sliced	34.2	0.0	0.0	0.1	9.1	3.0	0.2	0.4	0.0	3.0	0.0	1.0
0.33 cup		Pears, Sliced	45.1	0.0	0.0	0.2	12.0	4.0	0.2	0.6	0.0	4.0	0.0	1.3
0.50 cup		Pears, Sliced	68.4	0.0	0.0	0.2	18.2	6.0	0.3	0.8	0.0	6.0	0.0	1.9
0.33 cup		Pineapple Fluff	122.5	4.2	4.2	0.4	24.0	14.0	0.3	9.5	38.1	21.8	0.0	0.8
0.25 cup		Pineapple, Tidbits	32.0	0.1	0.0	0.0	8.0	8.0	0.2	4.0	0.0	0.0	0.0	0.5
0.33 cup		Pineapple, Tidbits	42.2	0.1	0.0	0.0	10.6	10.6	0.3	5.3	0.0	0.0	0.0	0.7
0.50 cup		Pineapple, Tidbits	64.0	0.2	0.0	0.0	16.0	16.0	0.4	8.0	0.0	0.0	0.0	1.0
0.25 cup		Strawberries, Fresh	11.5	0.1	0.0	0.2	2.8	5.8	0.2	21.2	4.3	0.4	0.0	0.7

