

Vegetables

Nutrition Facts



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

Vegetables 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
Asparagus 5 spears (93 g/3.3 oz)	20	0	0 0	0 0	230 7	4 1	2 8	2g	2g	10%	15%	2%	2%
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0 0	40 2	220 6	6 2	2 8	4g	1g	4%	190%	2%	4%
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5 1	80 3	460 13	8 3	3 12	2g	4g	6%	220%	6%	6%
Carrot 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0 0	60 3	250 7	7 2	2 8	5g	1g	110%	10%	2%	2%
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0 0	30 1	270 8	5 2	2 8	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0 0	115 5	260 7	4 1	2 8	2g	0g	10%	15%	4%	2%
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0 0	0 0	140 4	2 1	1 4	1g	1g	4%	10%	2%	2%
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0 0	0 0	200 6	5 2	3 12	2g	1g	4%	10%	4%	2%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0 0	20 1	190 5	5 2	2 8	3g	1g	0%	70%	4%	2%
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0 0	10 0	70 2	2 1	1 4	1g	0g	2%	8%	2%	2%
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0 0	10 0	125 4	2 1	1 4	2g	1g	6%	6%	2%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0 0	35 1	170 5	2 1	1 4	1g	1g	130%	6%	2%	4%
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0 0	15 0	300 9	3 1	1 4	0g	3g	0%	2%	0%	2%
Onion 1 medium (148 g/5.3 oz)	45	0	0 0	5 0	190 5	11 4	3 12	9g	1g	0%	20%	4%	4%
Potato 1 medium (148 g/5.3 oz)	110	0	0 0	0 0	620 18	26 9	2 8	1g	3g	0%	45%	2%	6%
Radishes 7 radishes (85 g/3.0 oz)	10	0	0 0	55 2	190 5	3 1	1 4	2g	0g	0%	30%	2%	2%
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0 0	0 0	260 7	4 1	2 8	2g	1g	6%	30%	2%	2%
Sweet Corn kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5 4	0 0	250 7	18 6	2 8	5g	4g	2%	10%	0%	2%
Sweet Potato 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0 0	70 3	440 13	23 8	4 16	7g	2g	120%	30%	4%	4%
Tomato 1 medium (148 g/5.3 oz)	25	0	0 0	20 1	340 10	5 2	1 4	3g	1g	20%	40%	2%	4%

Most vegetables provide negligible amounts of saturated fat, *trans* fat, and cholesterol.

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.