



FRUITS

APPLE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
Gala, raw, with skin	100.00	g	57	0.3	13.7	1.00	108.00	11.00	0.12
	172.00	g	98	0.4	23.5	1.72	185.76	18.92	0.21
	1.00	pc, med							
fuji, raw, with skin	100.00	g	63	0.2	15.2	1.00	109.00	13.00	0.18
	192.00	g	121	0.4	29.2	1.92	209.28	24.96	0.35
	1.00	pc, med							
golden delicious, with skin	100.00	g	57	0.3	13.6	2.00	100.00	10.00	0.15
	169.00	g	96	0.5	23.0	3.38	169.00	16.90	0.25
	1.00	pc, med							
granny smith, w/ skin, raw	100.00	g	58	0.4	13.6	1.00	120.00	12.00	0.19
	167.00	g	97	0.7	22.7	1.67	200.40	20.04	0.32
	1.00	pc, med							
juice, frozen concentrate	100.00	g	47	0.1	11.5	7.00	126.00	7.00	0.10
	239.00	g	112	0.3	27.6	16.73	301.14	16.73	0.24
	8.00	fl oz							
applesauce, sweetened, canned	100.00	g	68	0.2	17.5	2.00	75.00	6.00	0.17
	123.00	g	84	0.2	21.5	2.46	92.25	7.38	0.21
	0.50	c							
applesauce, unsweetened, canned	100.00	g	42	0.2	11.3	2.00	74.00	5.00	0.10
	122.00	g	51	0.2	13.8	2.44	90.28	6.10	0.12
	0.50	c							
BLACKBERRIES									
raw	100.00	g	43	1.4	9.6	1.00	162.00	22.00	0.49
	144.00	g	62	2.0	13.8	1.44	233.28	31.68	0.71
	1.00	c							
frozen, unsweetened	100.00	g	64	1.2	15.7	1.00	140.00	30.00	0.43
	151.00	g	97	1.8	23.7	1.51	211.40	45.30	0.65
	1.00	c							
canned, heavy syrup	100.00	g	92	1.3	23.1	3.00	99.00	14.00	0.14
	256.00	g	236	3.4	59.1	7.68	253.44	35.84	0.36
	1.00	c							

RASP BERRIES	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw	100.00	g	52	1.2	11.9	1.00	151.00	29.00	0.69
	123.00	g	64	1.5	14.7	1.23	185.73	35.67	0.80
	1.00	c							
frozen, unsweetened	100.00	g	56	1.2	12.6	4.00	184.00	30.00	0.81
	140.00	g	78	1.6	17.6	5.60	257.60	42.00	1.13
	1.00	c							
red, frozen, sweetened, unthawed	100.00	g	103	0.7	26.2	1.00	114.00	17.00	0.16
	125.00	g	129	0.9	32.7	1.25	142.50	21.25	0.20
	0.50	c							
puree, with seeds	100.00	g	55	na	11.5	4.00	195.00	30.00	0.97
juice concentrate	100.00	g	221	3.0	53.2	10.00	1,178.00	100.00	1.34
PEARS									
whole, medium (2.5/lb)	100.00	g	57	0.4	15.2	1.00	116.00	16.00	0.14
	166.00	g	95	0.6	25.3	1.66	192.56	19.92	0.23
	1.00	pc							
halves, canned in water	100.00	g	29	0.2	7.8	2.00	53.00	7.00	0.03
	244.00	g	71	0.5	19.1	4.88	129.32	17.08	0.07
	1.00	c							
Asian	100.00	g	42	0.5	10.7	0.00	121.00	11.00	0.23
	122.00	g	51	0.6	13.0	0.00	147.62	13.42	0.28
	1.00	pc							
CRANBERRY									
fresh, chopped	100.00	g	46	0.5	12.0	2.00	80.00	11.00	0.13
	55.00	g	25	0.3	6.6	1.10	44.00	6.05	0.07
	0.50	c							
dried, sweetened	100.00	g	308	0.2	82.8	5.00	49.00	8.00	1.09
	40.00	g	123	0.1	33.1	2.00	19.60	3.20	0.44
	0.33	c							
juice, unsweetened	100.00	g	46	0.4	12.2	2.00	77.00	13.00	0.13
	253.00	g	116	1.0	30.9	5.06	194.81	32.89	0.33
	1.00	c							
juice, cran cocktail	100.00	g	54	0.0	13.5	2.00	14.00	1.00	0.10
	253.00	g	137	0.0	34.2	5.06	35.42	2.53	0.25
	8.00	fl oz							
sauce, canned, sweetened	100.00	g	159	0.9	40.4	5.00	28.00	4.00	0.15
	69.25	g	110	0.6	28.0	3.46	19.39	2.77	0.10
	0.25	c							

GRAPE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
red or green, seedless	100.00	g	69	0.7	18.1	2.00	191.00	20.00	0.16
	151.00	g	104	1.1	27.3	3.02	288.41	30.20	0.24
	1.00	c							
juice, unsweetened, plus Vit.C	100.00	g	60	0.4	14.8	5.00	104.00	14.00	0.13
	252.80	g	152	0.9	37.3	12.64	262.90	35.39	0.33
	8.00	fl oz							
fruit mixed/ fruit cocktail, light, drained	100.00	g	55	0.4	14.3	6.00	85.00	13.00	0.08
juice, sweetened, frozen concentrate 6 fl oz can	100.00	g	179	0.7	44.4	7.00	74.00	15.00	0.31
	216.00	g	387	1.4	95.8	15.12	159.84	32.40	0.67
	1.00	can/ item							
seedless, Thompson, canned in water	100.00	g	40	0.5	10.3	6.00	107.00	18.00	0.11
	245.00	g	98	1.2	25.2	14.70	262.15	44.10	0.27
	1.00	c							
jelly	100.00	g	266	0.2	70.0	30.00	54.00	6.00	0.02
1 packet= 14g (0.5oz)	21.00	g	56	0.0	14.7	6.30	11.34	1.26	0.00
	1	tbsp							

PINE APPLE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
traditional varieties, diced	100.00	g	45	0.6	18.3	1.00	125.00	9.00	0.13
	155.00	g	70	0.9	11.8	1.55	193.75	13.95	0.20
	1.00	c							
sweetened, frozen, chunks	100.00	g	86	0.4	22.2	2.00	100.00	4.00	0.10
	245.00	g	211	1.0	54.4	4.90	245.00	9.80	0.25
	1.00	c							
canned in water	100.00	g	32	0.4	8.3	1.00	127.00	4.00	0.09
	246.00	g	79	1.1	20.4	2.46	312.42	9.84	0.22
	1.00	c							
canned in juice	100.00	g	60	0.4	15.7	1.00	122.00	6.00	0.08
	249.00	g	149	1.1	39.1	2.49	303.78	14.94	0.20
	1.00	c							
extra sweet variety, diced	100.00	g	51	0.5	13.5	1.00	108.00	8.00	0.11
	155.00	g	79	0.8	20.9	1.55	167.40	12.40	0.17
	1.00	c							
juice, unsweetened, canned	100.00	g	53	0.4	12.9	2.00	130.00	8.00	0.12
	250.00	g	133	0.9	32.2	5.00	325.00	20.00	0.30
	8.00	fl oz							
canned in light syrup	100.00	g	52	0.4	13.5	1.00	105.00	7.00	0.12
	126.00	g	66	0.5	17.0	1.26	132.30	8.82	0.15
	0.50	c							
juice, unsweetened, frozen concentrate	100.00	g	179	1.3	44.3	3.00	472.00	28.00	0.10
	288.00	g	387	2.8	95.7	6.48	1,019.5 2	60.48	0.22
	1.00	c							
juice, 39pprox.39ned with Vit A, C & E	100.00	g	50	0.4	12.2	3.00	132.00	9.00	0.14
	250.00	g	125	0.9	30.5	7.50	330.00	22.50	0.35
	1.00	c							

BLUE BERRIES	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh	100.00	g	57	0.7	14.5	1.00	77.00	12.00	0.33
	145.00	g	83	1.1	21.0	1.45	111.65	17.40	0.48
	1.00	c							
sweetened, dried	100.00	g	317	2.5	80.0	3.00	214.00	36.00	2.50
	40.00	g	127	1.0	32.0	1.20	85.60	14.40	1.00
	0.25	c							
wild, frozen	100.00	g	57	0.0	13.9	3.00	68.00	13.00	0.16
	140.00	g	80	0.0	19.4	4.20	95.20	18.20	0.22
	1.00	c							
unsweetened, frozen	100.00	g	51	0.4	12.2	1.00	54.00	11.00	0.64
	155.00	g	79	0.7	18.9	1.55	83.70	17.05	0.99
	1.00	c							
canned, light syrup , drained	100.00	g	88	1.0	22.7	3.00	54.00	12.00	0.40
	244.00	g	215	2.5	55.3	7.32	131.76	29.28	0.98
	1.00	c							
STRAWBERRIES									
fresh, whole	100.00	g	32	0.7	7.7	1.00	153.00	24.00	0.30
	144.00	g	46	1.0	11.1	1.44	220.32	34.56	0.43
	1.00	c							
unsweetened, frozen (unthawed)	100.00	g	35	0.4	9.1	2.00	148.00	13.00	0.11
	149.00	g	52	0.6	13.6	2.98	220.52	19.37	0.16
	1.00	c							
sweetened, frozen, thawed	100.00	g	78	0.5	21.0	1.00	98.00	12.00	0.14
	127.50	g	99	0.7	26.8	1.28	124.95	15.30	0.18
	0.50	c							
fruit topping	100.00	g	254	0.2	66.3	21.00	51.00	5.00	0.10
	42.00	g	107	0.1	27.9	8.82	21.42	2.10	0.04
	2.00	tbsp							
pastry, 40pprox, enriched	100.00	g	371	5.4	47.8	445.00	83.00	89.00	18.50
	71.00	g	263	3.8	33.9	315.95	58.93	63.19	13.14
	1.00	pc							
Milkshake (fastfood)	100.00	g	113	3.4	18.9	83.00	182.00	100.00	2.80
	226.40	g	256	7.7	42.8	187.91	412.05	226.40	6.34
	8.00	fl oz							
yogurt 40ppro, low fat 1 item = 1 container	100.00	g	105	8.2	12.3	33.00	129.00	109.00	2.57
	150.00	g	158	12.3	18.4	49.50	193.50	163.50	3.86
	1.00	item							

GRAPE-FRUIT	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh	100.00	g	32	0.6	8.1	0.00	139.00	8.00	0.10
	153.33	g	49	1.0	12.4	0.00	213.13	12.27	0.15
	0.67	c							
white, fresh, small (3.5 diameter)	100.00	g	33	0.7	8.4	0.00	148.00	8.00	0.10
	118.00	g	39	0.8	9.9	0.00	174.64	9.44	0.12
	0.50	pc							
pink or red	100.00	g	42	0.8	10.7	0.00	135.00	18.00	0.14
	153.33	g	64	1.2	16.4	0.00	207.00	27.60	0.21
	0.67	c							
juice, white	100.00	g	39	0.5	9.2	1.00	162.00	15.00	0.10
	247.00	g	96	1.2	22.7	2.47	400.14	37.05	0.25
	8.00	fl oz							
juice, pink	100.00	g	39	0.5	9.2	1.00	162.00	15.00	0.10
	247.00	g	96	1.2	22.7	2.47	400.14	37.05	0.25
	1.00	c							
juice, unsweetened, pink, canned	100.00	g	37	0.6	7.5	2.00	141.00	17.00	0.66
	247.20	g	91	1.4	18.6	4.94	348.55	42.02	1.63
	8.00	fl oz							
ELDERBERRIES									
fresh	100.00	g	73	7.0	18.4	6.00	280.00	39.00	
	145.00	g	106	1.0	26.7	8.70	406.00	56.55	
	1.00	c							
GOOSEBERRIES									
fresh	100.00	g	44	0.9	10.2	1.00	198.00	27.00	
	150.00	g	66	1.3	15.3	1.50	297.00	40.50	
	1.00	c							
canned in light syrup	100.00	g	73	0.7	18.8	2.00	77.00	7.00	
	252.00	g	184	1.6	47.3	5.04	194.04	17.64	
	1.00	c							
KIWI (Chinese gooseberries)									
fresh, medium, without skin	100.00	g	61	1.1	14.7	3.00	312.00	34.00	
	76.00	g	46	0.9	11.1	2.28	237.12	25.84	
	1.00	pc							
LOGANBERRIES									
frozen	100.00	g	55	1.5	13.0	1.00	145.00	26.00	
	147.00	g	81	2.2	19.1	1.47	213.15	38.22	
	1.00	c							

CHERRIES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
sweet, without pits	100.00	g	63	1.1	16.0	0.00	222.00	21.00	0.20
	154.00	g	97	1.6	24.7	0.00	341.88	32.34	0.31
	1.00	c							
sour red, without pits	100.00	g	50	1.0	12.2	3.00	173.00	15.00	0.30
	155.00	g	78	1.6	18.9	4.65	268.15	23.25	0.47
	1.00	c							
juice, tart	100.00	g	59	0.3	13.7	4.00	161.00	17.00	0.54
	269.00	g	159	0.8	36.9	10.76	433.09	45.73	1.45
	1.00	c							
Pitanga or Surinam	100.00	g	33	0.8	7.5	3.00	103.00	11.00	0.40
	173.00	g	57	1.4	13.0	5.19	178.19	19.03	0.69
	1.00	c							
tart, dried, sweetened	100.00	g	333	1.3	80.5	13.00	376.00	36.00	0.73
	40.00	g	133	0.5	32.2	5.20	150.40	14.40	0.29
	0.25	c							
maraschino, canned, drained	100.00	g	165	0.2	42.0	4.00	21.00	3.00	0.21
	5.00	g	8	0.0	2.1	0.20	1.05	0.15	0.01
	1.00	pc/ item							
sweet, canned in juice, pitted	100.00	g	54	0.9	13.8	3.00	131.00	22.00	0.02
	250.00	g	135	2.3	34.5	7.50	327.50	55.00	0.05
	1.00	c							
sweet, canned in water	100.00	g	46	0.8	11.8	1.00	131.00	15.00	0.13
	248.00	g	114	1.9	29.2	2.48	324.88	37.20	0.32
	1.00	c							
sweet, frozen, sweetened thawed	100.00	g	89	1.2	22.4	1.00	199.00	16.00	0.13
	259.00	g	231	3.0	57.9	2.59	515.41	41.44	0.34
	1.00	c							
pie filling, canned 1/8 of 21 oz can = 1 svg	100.00	g	115	0.4	28.0	18.00	105.00	15.00	0.07
	74.00	g	85	0.3	20.7	13.32	77.70	11.10	0.05
	1.00	svg							
pie fillings, low calorie	100.00	g	53	0.8	12.0	12.00	118.00	15.00	0.16
	264.00	g	140	2.2	31.6	31.68	311.52	39.60	0.42
	1.00	c							
sour red, canned in water, drained	100.00	g	42	0.7	10.5	4.00	115.00	16.00	0.21
	168.00	g	71	1.2	17.6	6.72	193.20	26.88	0.35
	1.00	c							
sour red, 42pprox.42ned, frozen unthawed	100.00	g	46	0.9	11.0	1.00	124.00	16.00	0.44
	155.00	g	71	1.4	17.1	1.55	192.20	24.80	0.68
	1.00	c							
sour red, canned in light syrup	100.00	g	75	0.7	19.3	7.00	95.00	10.00	0.10
	126.00	g	95	0.9	24.3	8.82	119.70	12.60	0.13
	0.50	c							

PEACHES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw, medium (43 approx. 4/lb)	100.00	g	39	0.9	9.5	0.00	190.00	20.00	0.25
	150.00	g	59	1.4	14.3	0.00	285.00	30.00	0.38
	1.00	pc/ item							
dried	100.00	g	325	4.9	83.2	10.00	1,351.00	162.00	1.03
	38.67	g	126	1.9	32.2	3.87	522.39	62.64	0.40
slices	100.00	g	39	0.9	9.5	0.00	190.00	20.00	0.25
	154.00	g	60	1.4	14.7	0.00	292.60	30.80	0.39
	1.00	c							
nectar, canned	100.00	g	49	0.1	11.6	11.00	30.00	3.00	0.57
	249.00	g	122	0.3	28.9	27.39	74.70	7.47	1.42
	8.00	fl oz							
pie, prepared 1/6 of 8-in. pie	100.00	g	224	1.9	33.0	217.00	125.00	22.00	10.00
	117.00	g	262	2.2	38.5	253.89	146.25	25.74	11.70
	1.00	slice							
slices, sweetened, frozen	100.00	g	94	0.6	24.0	6.00	130.00	11.00	0.13
	125.00	g	118	0.8	30.0	7.50	162.50	13.75	0.16
	0.50	c							
halves/ slices, canned in water	100.00	g	24	0.4	6.1	3.00	99.00	10.00	0.06
	122.00	g	29	0.5	7.5	3.66	120.78	12.20	0.07
	0.50	c							
halves/ slices, canned in juice	100.00	g	44	0.6	11.6	4.00	128.00	17.00	0.03
	124.00	g	55	0.8	14.4	4.96	158.72	21.08	0.04
	0.50	c							
canned in extra light syrup	100.00	g	42	0.4	11.1	5.00	74.00	11.00	0.10
	123.50	g	52	0.5	13.7	6.18	91.39	13.59	0.12
	0.50	c							
canned in heavy syrup	100.00	g	75	0.4	20.1	4.00	85.00	9.00	0.10
	242.00	g	182	1.0	48.6	9.68	205.70	21.78	0.24
	1.00	c							
canned in light syrup, drained	100.00	g	61	0.6	15.7	7.00	87.00	10.00	0.15
fruit cocktail, canned light syrup with solids and liquid	100.00	g	55	0.4	14.3	6.00	85.00	13.00	0.08

CANTALOUPE MELON	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
composite, raw	100.00	g	31	0.7	7.5	8.22	202.35	8.67	0.20
	165.50	g	51	1.1	12.5	13.60	334.89	14.34	0.33
	1.00	c							
honeydew, balls 1 slice = 125g	100.00	g	36	0.5	9.1	18.00	228.00	11.00	0.14
	132.75	g	48	0.7	12.1	23.90	302.67	14.60	0.19
	0.75	c							
Navajo	100.00	g	21	0.8	4.1	11.00	140.00	9.00	0.20
	85.05	g	18	0.7	3.5	9.36	119.07	7.65	0.17
	3.00	oz							
melon balls, frozen, unthawed	100.00	g	33	0.8	7.9	31.00	280.00	12.00	0.25
	173.00	g	57	1.5	13.7	53.63	484.40	20.76	0.43
	1.00	c							
BANANA									
medium, 77.8 in long	100.00	g	89	1.1	22.8	1.00	358.00	22.00	0.33
	118.00	g	105	1.3	27.0	1.18	422.44	25.96	0.39
	1.00	pc/ item							
dehydrated, powder	100.00	g	346	3.9	88.3	3.00	1,491.0 0	74.00	1.81
	6.20	g	21	0.2	5.5	0.19	92.44	4.59	0.11
	1.00	tbsp							
chips, dried	100.00	g	519	2.3	58.4	6.00	536.00	56.00	14.29
	42.53	g	221	1.0	24.8	2.55	227.93	23.81	33.60
	1.50	oz							
pudding, mix mix to make ½ c 1 package= 88g = 3 ½ oz	100.00	g	366	0.0	93.0	788.00	17.00	5.00	0.40
	22.00	g	81	0.0	20.5	172.36	3.74	1.10	0.09
	1.00	svg							
pudding, ready to eat 1 can = 5 oz	100.00	g	127	2.4	21.2	196.00	110.00	69.00	3.60
	142.00	g	180	3.4	30.1	278.32	156.20	97.98	5.11
	5.00	oz							

ORANGE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, 2-5/8" diameter	100.00	g	47	0.9	11.8	0.00	181.00	14.00	0.12
	131.00	g	62	1.2	15.4	0.00	237.11	18.34	0.16
	1.00	pc/ item							
Valencia (California)	100.00	g	49	1.0	11.9	0.00	179.00	17.00	0.30
	135.00	g	66	1.4	16.1	0.00	241.65	22.95	0.41
	0.75	c							
Navel (California)	100.00	g	49	0.9	12.5	1.00	166.00	28.46	0.15
	123.75	g	61	1.1	15.5	1.24	205.43	23.00	0.19
	0.75	c							
Clementines	100.00	g	47	0.9	12.0	1.00	177.00	21.00	0.15
	74.00	g	35	0.6	8.9	0.74	130.98	15.54	0.11
	1.00	pc/ item							
orange sections	100.00	g	47	0.9	11.8	0.00	181.00	14.00	0.12
	135.00	g	63	1.3	15.9	0.00	244.35	18.90	0.16
	0.75	c							
juice	100.00	g	45	0.7	10.4	1.00	200.00	17.00	0.20
	248.00	g	112	1.7	25.8	2.48	496.00	42.16	0.50
	8.00	fl oz							
Florida, sections 1 fruit = 141g	100.00	g	46	0.7	11.5	0.00	169.00	12.00	0.21
	138.75	g	64	1.0	16.0	0.00	234.49	16.65	0.29
	0.75	c							
soda	100.00	g	48	0.0	12.3	12.00	2.00	1.00	0.00
	248.00	g	119	0.0	30.5	29.76	4.96	2.48	0.00
	8.00	fl oz							
marmalade	100.00	g	246	0.3	66.3	56.00	37.00	4.00	0.00
	20.00	g	49	0.1	13.3	11.20	7.40	0.80	0.00
	1.00	tbsp							
juice, frozen	100.00	g	95	0.5	23.2	8.00	100.00	13.00	0.00
	238.40	g	70	0.4	17.2	5.92	74.00	9.62	0.00
	1.00	c							
orange peel zest	100.00	g	97	1.5	25.0	3.00	212.00	21.00	0.20
	2.00	g	2	0.0	0.5	0.06	4.24	0.42	0.00
	1.00	tsp							
juice, unsweetened, canned	100.00	g	47	0.7	11.0	4.00	184.00	17.00	0.15
	249.00	g	117	1.7	27.4	9.96	458.16	42.33	0.37
	8.00	fl oz							
Mandarin, canned in juice	100.00	g		37	0.6	9.6	5.00	133.00	10.00
	249.00	g		92	1.5	23.8	12.45	331.17	24.90
	1.00	c							
juice, light, no pulp	100.00	g		21	0.2	5.4	4.00	188.00	4.00
	240.00	g		50	0.5	13.0	9.60	451.20	9.60
	8.00	fl oz							
Mandarin, canned in light syrup	100.00	g		61	0.5	16.2	6.00	78.00	10.00
	252.00	g		154	1.1	40.8	15.12	196.56	25.20
	1.00	c							

LEMON	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, without seeds	100.00	g	20	1.2	10.7	3.00	145.00	15.00	0.30
	108.00	g	22	1.3	11.6	3.24	156.60	16.20	0.32
	1.00	pc/ item							
peeled, 2-1/8" in diameter)	100.00	g	29	1.1	9.3	2.00	138.00	16.00	0.30
	58.00	g	17	0.6	5.4	1.16	80.04	9.28	0.17
	1.00	pc/ item							
juice, fresh	100.00	g	22	0.4	6.9	1.00	103.00	8.00	0.24
	30.50	g	7	0.1	2.1	0.31	31.42	2.44	0.07
	1.00	fl oz							
peel or zest	100.00	g	47	1.5	16.0	6.00	160.00	12.00	0.30
	2.00	g	1	0.0	0.3	0.12	3.20	0.24	0.01
	1.00	tsp							
pudding mix 1 svg = 1/2 c 1 package = 85g	100.00	g	363	0.1	91.8	506.00	5.00	3.00	0.50
	21.20	g	77	0.0	19.5	107.27	1.06	0.64	0.11
	1.00	svg							
juice, canned	100.00	g	17	0.5	5.6	24.00	109.00	9.00	0.07
	30.50	g	5	0.1	1.7	7.32	33.25	2.75	0.02
	1.00	fl oz							
soda, lemon lime	100.00	g	40	0.1	24.9	9.00	1.00	0.00	0.02
	245.60	g	98	0.1	10.1	22.10	2.46	0.00	0.05
	8.00	fl oz							
juice, unsweetened, frozen	100.00	g	22	0.5	6.5	1.00	89.00	8.00	0.32
	5.08	g	1	0.0	0.3	0.05	4.52	0.41	0.02
	1.00	tsp							
pudding, ready to eat 1 can= 5 oz	100.00	g	125	0.1	25.0	140.00	1.00	5.00	3.00
	142.00	g	178	0.1	35.5	198.80	1.42	7.10	4.26
	1.00	can/ item							
tea, black, sweetened, ready to drink	100.00	g	45	0.0	10.8	3.00	14.00	1.00	0.22
	271.00	g	122	0.0	29.3	8.13	37.94	2.71	0.60
	1.00	c							

LIME	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, 2" in diameter	100.00	g	30	0.7	10.5	2.00	102.00	18.00	0.20
	67.00	g	20	0.5	7.1	1.34	68.34	12.06	0.13
	1.00	pc/ item							
juice, fresh	100.00	g	25	0.4	8.4	2.00	117.00	14.00	0.07
	5.13	g	1	0.0	0.4	0.10	6.01	0.72	0.00
	1.00	tsp							
juice, unsweetened, canned	100.00	g	21	0.3	6.7	16.00	75.00	10.00	0.23
	246.00	g	52	0.6	16.5	39.36	184.50	24.60	0.57
	1.00	c							
frozen ice dessert	100.00	g	128	0.4	32.6	22.00	3.00	1.00	0.00
	99.00	g	127	0.4	32.3	21.78	2.97	0.99	0.00
	0.50	c							
LYCHEE									
whole, fresh	100.00	g	66	0.8	16.5	1.00	171.00	31.00	0.44
	142.50	g	94	1.2	23.6	1.43	243.68	44.18	0.63
	0.75	c							
dried	100.00	g	277	3.8	70.7	3.00	1,110.00	181.00	1.20
	40.00	g	111	1.5	28.3	1.20	444.00	72.40	0.48
	16.00	pcs/ items							
MANGO									
whole, fresh	100.00	g	60	0.8	15.0	1.00	168.00	14.00	0.38
	207.00	g	124	1.7	31.0	2.07	347.76	28.98	0.79
	1.00	pc/ item							
dired, sweetened	100.00	g	319	2.5	78.6	162.00	279.00	50.00	1.18
	100.00	g	51	0.1	13.1	5.00	24.00	2.00	0.06
	251.00	g	128	0.3	32.9	12.55	60.24	5.02	0.15
	1.00	c							

APRICOT	SERVING QUANTITY	SERVING	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, fresh	100.00	g	48	1.4	11.1	1.00	259.00	23.00	0.39
	140.00	g	67	2.0	15.6	1.40	362.60	32.20	0.55
	4.00	pcs/ items							
jam or preserves 1 packet = 0.5 oz = 14g	100.00	g	242	0.7	64.4	40.00	77.00	3.00	0.20
	20.00	g	48	0.1	12.9	8.00	15.40	0.60	0.04
	1.00	tbsp							
nectar, canned	100.00	g	56	0.2	13.6	8.00	67.00	5.00	0.45
	251.00	g	141	0.4	34.2	20.08	168.17	12.55	1.13
	8.00	fl oz							
sweetened, frozen	100.00	g	98	0.7	25.1	4.00	229.00	19.00	0.10
	242.00	g	237	1.7	60.7	9.68	554.18	45.98	0.24
	1.00	c							
dehydrated, sulfured	100.00	g	320	4.9	82.9	13.00	1,850.00	157.00	0.62
	30.00	g	96	1.5	24.9	3.90	555.00	47.10	0.19
	0.25	c							
dried, halves, sulfured	100.00	g	241	3.4	62.6	10.00	1,162.00	71.00	0.51
	43.33	g	104	1.5	27.1	4.33	503.53	30.77	0.22
	0.33	c							
halves w/ skin, canned in juice	100.00	g	48	0.6	12.3	4.00	165.00	20.00	0.04
	244.00	g	117	1.5	30.1	9.76	402.60	48.80	0.10
	1.00	c							
halves with skin, canned in light syrup	100.00	g	63	0.5	16.5	4.00	138.00	32.89	0.05
	253.00	g	159	1.3	41.7	10.12	349.14	13.00	0.13
	1.00	c							
PLUM									
whole, fresh, sliced	100.00	g	46	0.7	11.4	0.00	157.00	16.00	0.28
	165.00	g	76	1.2	18.8	0.00	259.05	26.40	0.46
	1.00	c							
sauce	100.00	g	184	0.9	42.8	538.00	259.00	22.00	1.04
	19.00	g	35	0.2	8.1	102.22	49.21	4.18	0.20
	1.00	tbsp							
purple, pitted, canned in water	100.00	g	41	0.4	11.0	1.00	126.00	13.00	0.01
	249.00	g	102	1.0	27.5	2.49	313.74	32.37	0.02
	1.00	c							
purple, canned in juice	100.00	g	58	0.5	15.2	1.00	154.00	15.00	0.02
	252.00	g	146	1.3	38.2	2.52	388.08	37.80	0.05
	1.00	c							

PRUNE	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
puree	100.00	g	257	2.1	65.1	23.00	852.00	72.00	0.20
	28.35	g	73	0.6	18.5	6.52	241.54	20.41	0.06
	1.00	oz							
dried	100.00	g	240	2.2	63.9	2.00	732.00	69.00	0.38
	42.50	g	102	0.9	27.2	0.85	311.10	29.33	0.16
	0.25	c							
juice, canned	100.00	g	71	0.6	17.5	4.00	276.00	25.00	0.03
	256.00	g	182	1.6	44.7	10.24	706.56	64.00	0.08
	8.00	fl oz							
dehydrated, stewed	100.00	g	113	1.2	29.7	2.00	353.00	37.00	0.24
	36.40	g	41	0.5	10.8	0.73	128.49	13.47	0.09
	0.13	c							
dehydrated, low moisture	100.00	g	339	3.7	89.1	5.00	1,058.00	112.00	0.73
	33.00	g	112	1.2	29.4	1.65	349.14	36.96	0.24
	0.25	c							
RHUBARB									
whole, fresh, diced	100.00	g	21	0.9	4.5	4.00	288.00	14.00	0.20
	81.33	g	17	0.7	3.7	3.25	234.24	11.39	0.16
	0.67	c							
diced, frozen	100.00	g	21	0.6	5.1	2.00	108.00	12.00	0.11
	137.00	g	29	0.8	7.0	2.74	147.96	16.44	0.15
	1.00	c							
frozen, cooked with sugar	100.00	g	116	0.4	31.2	1.00	96.00	8.00	0.05
	120.00	g	139	0.5	37.4	1.20	115.20	9.60	0.06
	0.50	c							
POMEGRANATE									
whole, fresh, 4" in diameter	100.00	g	83	1.7	18.7	3.00	236.00	36.00	1.17
	282.00	g	234	4.7	52.7	8.46	665.52	101.52	3.30
	1.00	pc/ item							
juice, bottled	100.00	g	54	0.2	13.1	9.00	214.00	11.00	0.29
	251.20	g	136	0.4	33.0	22.61	537.57	27.63	0.73
	8.00	fl oz							

PAPAYA	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, fresh, cubes	100.00	g	43	0.5	10.8	8.00	182.00	10.00	0.26
	140.00	g	60	0.7	15.2	11.20	254.80	14.00	0.36
	1.00	c							
nectar, canned	100.00	g	57	0.2	14.5	5.00	31.00	0.00	0.15
	250.00	g	143	0.4	36.3	12.50	77.50	0.00	0.38
	8.00	fl oz							
canned with heavy syrup, drained	100.00	g	206	0.1	55.8	9.00	67.00	6.00	0.55
	39.00	g	80	0.1	21.8	3.51	26.13	2.34	0.21
	1.00	pc/ chunk							
NECTARINE									
whole, fresh, slices	100.00	g	44	1.1	10.6	0.00	201.00	26.00	0.32
	138.00	g	61	1.5	14.7	0.00	277.38	35.88	0.44
	1.00	c							
PERSIMMON									
whole, fresh	100.00	g	127	0.8	33.5	1.00	310.00	26.00	0.40
	25.00	g	32	0.2	8.4	0.25	77.50	6.50	0.10
	1.00	pc/ item							
Japanese, fresh, 2-1/2" in diameter	100.00	g	70	0.6	18.6	1.00	161.00	17.00	0.19
	168.00	g	118	1.0	31.2	1.68	270.48	28.56	0.32
	1.00	pc/item							
Japanese, dried	100.00	g	274	1.4	73.4	2.00	802.00	81.00	0.59
	34.00	g	93	0.5	25.0	0.68	272.68	27.54	0.20
	1.00	pc/ item							
PURPLE PASSION FRUIT/ GRANADILLA									
whole, fresh - no refuse	100.00	g	97	2.2	23.4	28.00	348.00	68.00	0.70
	18.00	g	18	0.4	4.2	5.04	62.60	12.20	0.13
	1.00	pc/ fruit							
nectar, no ice	100.00	g	67	1.2	17.4	4.00	112.00	5.00	0.06
	31.00	g	21	0.1	5.4	1.24	34.70	1.55	0.02
	1.00	fl oz							
juice, purple passion fruit	100.00	g	51	0.4	13.6	6.00	278.00	13.00	0.05
	30.90	g	16	0.1	4.2	1.85	85.90	4.02	0.02
	1.00	fl oz							
juice, yellow passion fruit	100.00	g	60	0.7	14.5	6.00	278.00	25.00	0.18
	30.90	g	19	0.2	4.5	1.85	85.90	7.72	0.06
	1.00	fl oz							

WATER MELON	SERVING QUANTITY	S E R V I N G	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
raw, balls	100.00	g	30	0.6	7.6	1.00	112.00	11.00	0.15
	154.00	g	46	0.9	11.6	1.54	172.00	16.00	0.23
	1.00	c							
juice, 100%, no ice	100.00	g	30	0.6	7.6	1.00	112.00	11.00	0.15
	30.00	g	9	0.2	2.3	0.30	33.60	3.30	0.05
	1.00	fl oz							
seeds, kernels, dried	100.00	g	557	28.3	15.3	99.00	648.00	755.00	47.37
	28.35	g	158	8.0	4.3	28.10	184.00	214.00	13.40
	1.00	oz							
FIG									
raw	100.00	g	74	0.8	19.2	1.00	232.00	14.00	0.30
	50.00	g	37	0.4	9.6	0.50	116.00	7.00	0.15
	1.00	pc/ item							
dried	100.00	g	249	3.3	63.9	10.00	680.00	67.00	0.92
	8.00	g	20	0.3	5.1	0.80	54.40	5.36	0.07
	1.00	pc							
canned	100.00	g	75	0.6	19.4	1.00	157.00	10.00	0.24
	250.00	g	188	1.4	48.4	2.50	392.00	25.00	0.60
	1.00	c							
dried, stewed	100.00	g	107	1.4	27.6	4.00	294.00	29.00	0.40
	259.00	g	277	3.7	71.4	10.40	761.00	75.10	1.04
	1.00	c							
canned, water pack, solids/liquids	100.00	g	53	0.4	14.0	1.00	103.00	10.00	0.10
	248.00	g	131	1.0	34.7	2.48	255.00	24.80	0.25
	1.00	c							
canned, light syrup pack, solids/liquids	100.00	g	69	0.4	18.0	1.00	102.00	10.00	0.10
	252.00	g	174	1.0	45.2	2.52	257.00	25.20	0.25
	1.00	c							
GUAVA									
raw	100.00	g	68	2.6	14.3	2.00	417.00	40.00	0.95
	55.00	g	37	1.4	7.9	1.10	229.00	22.00	0.52
	1.00	pc/ item							
nectar no ice	100.00	g	48	0.3	13.3	6.00	33.00	3.00	0.07
	31.00	g	15	0.1	4.1	1.86	10.20	0.93	0.02
	1.00	fl oz							
paste	100.00	g	280	0.1	77.6	2.00	69.00	3.00	0.27
	20.00	g	56	0.0	14.5	0.40	13.80	0.60	0.05
	1.00	tbsp							

DATES	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
whole, dried	100.00	g	282	2.5	75.0	2.00	656.00	62.00	0.39
	8.00	g	23	0.2	6.0	0.16	52.50	4.96	0.03
	1.00	pc/ item							
Medjool, pitted	100.00	g	277	1.8	75.0	1.00	696.00	62.00	0.15
	24.00	g	67	0.4	18.0	0.24	167.00	14.90	0.04
	1.00	pc/item							
candy	100.00	g	379	4.2	58.1	22.00	540.00	117.00	18.04
	28.35	g	107	1.2	16.5	6.24	153.00	33.20	5.11
	1.00	oz							
POMELO									
whole, fresh	100.00	g	38	0.8	9.6	1.00	216.00	17.00	0.04
	190.00	g	72	1.4	18.3	1.90	410.00	32.30	0.08
	1.00	c							
MANGOSTEEN									
canned, syrup pack drained	100.00	g	73	0.4	17.9	7.00	48.00	8.00	0.58
	196.00	g	143	0.8	35.1	13.70	94.10	15.70	1.14
	1.00	c							
JACKFRUIT									
raw, fresh	100.00	g	95	1.7	23.3	2.00	448.00	21.00	0.64
	165.00	g	157	2.8	38.4	3.30	739.00	34.60	1.06
	1.00	c							
canned, syrup pack drained	100.00	g	92	0.4	23.9	11.00	96.00	6.00	0.14
	178.00	g	164	0.6	42.6	19.60	171.00	10.70	0.25
	1.00	c							
DURIAN									
raw or frozen chopped or diced	100.00	g	147	1.5	27.1	2.00	436.00	39.00	5.33
	243.00	g	357	3.6	65.8	4.86	1,060.00	94.80	13.00
	1.00	c							
SOURSOP									
raw, pulp	100.00	g	66	1.0	16.8	14.00	278.00	27.00	0.30
	225.00	g	148	2.3	37.9	31.50	626.00	60.80	0.68
	1.00	c							
nectar no ice, pure	100.00	g	59	0.1	14.9	8.00	25.00	2.00	0.17
	31.00	g	18	0.0	4.6	2.48	7.75	0.62	0.05
	1.00	fl oz							

PLANTAIN	SERVING QUANTITY	SERVING UNIT	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
ripe, raw, fresh	100.00	g	122	1.3	31.9	4.00	487.00	32.00	0.35
	180.00	g	220	2.3	57.4	7.20	877.00	57.60	0.63
	1.00	pc/ item							
green, raw, fresh	100.00	g	152	1.3	36.7	2.00	431.00	31.00	0.07
	267.00	g	406	3.3	97.9	5.34	1,150.00	82.80	0.19
	1.00	pc/item							
green, boiled	100.00	g	121	1.1	29.2	2.00	289.00	24.00	0.08
	137.00	g	166	1.5	39.9	2.74	396.00	32.90	0.11
	1.00	c							
green, fried	100.00	g	309	1.5	49.2	2.00	482.00	44.00	11.81
	118.00	g	365	1.8	58.0	2.36	569.00	51.90	13.90
	1.00	c							
yellow, raw, fresh	100.00	g	122	1.3	31.9	4.00	487.00	32.00	0.35
	270.00	g	329	3.5	86.1	10.80	1,310.00	86.40	0.95
	1.00	pc/ item							
yellow, baked	100.00	g	155	1.5	41.4	2.00	477.00	37.00	0.16
	139.00	g	215	2.1	57.5	2.78	663.00	51.40	0.22
	1.00	c							
chips	100.00	g	531	2.3	63.8	202.00	786.00	78.00	29.59
	28.35	g	151	0.6	18.1	57.30	223.00	22.10	8.39
	1.00	oz							
AVOCADO									
fresh, raw mashed/ pureed	100.00	g	160	2.0	8.5	7.00	485.00	52.00	14.66
	230.00	g	368	4.6	19.6	16.10	1,120.00	120.00	33.70
	1.00	c							
oil	100.00	g	884	0.0	0.0	0.00	0.00	0.00	100.00
	14.00	g	124	0.0	0.0	0.00	0.00	0.00	14.00
	1.00	tbsp							
dressing	100.00	g	427	1.9	7.4	867.00	58.00	31.00	43.33
	15.30	g	65	0.3	1.1	133.00	8.87	4.74	6.63
	1.00	tbsp							
California, raw/fresh no seed and skin	100.00	g	167	2.0	8.6	8.00	507.00	54.00	15.41
	136.00	g	227	2.7	11.8	10.90	690.00	73.40	21.00
	1.00	pc/ item							
Florida, fresh/ raw no seed and skin	100.00	g	120	2.2	7.8	2.00	351.00	40.00	10.06
	304.00	g	365	6.8	23.8	6.08	1,070.00	122.00	30.60
	1.00	pc/ item							
Guacamole	100.00	g	155	2.0	8.5	344.00	472.00	51.00	14.18
	15.00	G	23	0.3	1.3	51.60	70.80	7.65	2.13
	1.00	tbsp							

TAMARIND	SERVING QUANTITY	SERVING	CALORIES (Kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	SODIUM (mg)	POTASSIUM (mg)	PHOSPHORUS (mg)	TOTAL FAT (g)
fresh, raw	100.00	g	239	2.8	62.5	28.00	628.00	113.00	0.60
	2.00	g	5	0.1	1.3	0.56	12.60	2.26	0.01
	1.00	pc/item							
candy	100.00	g	331	0.0	92.0	1,643.00	309.00	56.00	0.00
	22.00	g	73	0.0	20.2	361.00	68.00	12.30	0.00
	1.00	tbsp							
dried	100.00	g	254	2.5	66.2	25.00	565.00	102.00	0.57
	160.00	g	406	4.0	106.0	40.00	904.00	163.00	0.91
	1.00	c							
SAPODILLA									
fresh/raw	100.00	g	83	0.4	20.0	12.00	193.00	12.00	1.10
	170.00	g	141	0.8	33.9	20.40	328.00	20.40	1.87
	1.00	pc/ item							
SUGAR									
APPLE (Sweetsop)									
fresh, raw (2-7/8" in diameter)	100.00	g	94	2.1	23.6	9.00	247.00	32.00	0.29
	155.00	g	146	3.2	36.6	14.00	383.00	49.60	0.45
	1.00	pc/ item							
STARFRUIT									
fresh/ raw	100.00	g	31	1.0	6.7	2.00	133.00	12.00	0.33
	90.00	g	28	0.9	6.1	1.80	120.00	10.80	0.30
	1.00	pc/ item							