



FRUITS

APPLE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>Gala, raw, with skin</i>	100.00	g	57	0.3	13.7	108.00	0.12
	172.00	g	98	0.4	23.5	185.76	0.21
	1.00	pc, med					
<i>fuji, raw, with skin</i>	100.00	g	63	0.2	15.2	109.00	0.18
	192.00	g	121	0.4	29.2	209.28	0.35
	1.00	pc, med					
<i>golden delicious, with skin</i>	100.00	g	57	0.3	13.6	100.00	0.15
	169.00	g	96	0.5	23.0	169.00	0.25
	1.00	pc, med					
<i>granny smith, w/ skin, raw</i>	100.00	g	58	0.4	13.6	120.00	0.19
	167.00	g	97	0.7	22.7	200.40	0.32
	1.00	pc, med					
<i>juice, frozen concentrate</i>	100.00	g	47	0.1	11.5	126.00	0.10
	239.00	g	112	0.3	27.6	301.14	0.24
	8.00	fl oz					
<i>applesauce, sweetened, canned</i>	100.00	g	68	0.2	17.5	75.00	0.17
	123.00	g	84	0.2	21.5	92.25	0.21
	0.50	c					
<i>applesauce, unsweetened, canned</i>	100.00	g	42	0.2	11.3	74.00	0.10
	122.00	g	51	0.2	13.8	90.28	0.12
	0.50	c					
BLACK BERRIES							
<i>raw</i>	100.00	g	43	1.4	9.6	162.00	0.49
	144.00	g	62	2.0	13.8	233.28	0.71
	1.00	c					
<i>frozen, unsweetened</i>	100.00	g	64	1.2	15.7	140.00	0.43
	151.00	g	97	1.8	23.7	211.40	0.65
	1.00	c					
<i>canned, heavy syrup</i>	100.00	g	92	1.3	23.1	99.00	0.14
	256.00	g	236	3.4	59.1	253.44	0.36
	1.00	c					

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

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

PINE APPLE	SERVING QUANTITY	SERVING UNIT	CALORIES (kCal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)	
<i>traditional varieties, diced</i>	100.00	g	45	0.6	18.3	125.00	0.13	
	155.00	g	70	0.9	11.8	193.75	0.20	
	1.00	c						
<i>sweetened, frozen, chunks</i>	100.00	g	86	0.4	22.2	100.00	0.10	
	245.00	g	211	1.0	54.4	245.00	0.25	
	1.00	c						
<i>canned in water</i>	100.00	g	32	0.4	8.3	127.00	0.09	
	<i>crushed, sliced, or chunks</i>	246.00	g	79	1.1	20.4	312.42	0.22
		1.00	c					
<i>canned in juice</i>	100.00	g	60	0.4	15.7	122.00	0.08	
	<i>crushed, sliced, or chunks</i>	249.00	g	149	1.1	39.1	303.78	0.20
		1.00	c					
<i>extra sweet variety, diced</i>	100.00	g	51	0.5	13.5	108.00	0.11	
	155.00	g	79	0.8	20.9	167.40	0.17	
	1.00	c						
<i>juice, unsweetened, canned</i>	100.00	g	53	0.4	12.9	130.00	0.12	
	250.00	g	133	0.9	32.2	325.00	0.30	
	8.00	fl oz						
<i>canned in light syrup</i>	100.00	g	52	0.4	13.5	105.00	0.12	
	<i>crushed, sliced, or chunks</i>	126.00	g	66	0.5	17.0	132.30	0.15
		0.50	c					
<i>juice, unsweetened, frozen concentrate</i>	100.00	g	179	1.3	44.3	472.00	0.10	
	288.00	g	387	2.8	95.7	1,019.52	0.22	
	1.00	c						
<i>juice, 39pprox.39ne d with Vit A, C & E</i>	100.00	g	50	0.4	12.2	132.00	0.14	
	250.00	g	125	0.9	30.5	330.00	0.35	
	1.00	c						

BLUE BERRIES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>fresh</i>	100.00	g	57	0.7	14.5	77.00	0.33
	145.00	g	83	1.1	21.0	111.65	0.48
	1.00	c					
<i>sweetened, dried</i>	100.00	g	317	2.5	80.0	214.00	2.50
	40.00	g	127	1.0	32.0	85.60	1.00
	0.25	c					
<i>wild, frozen</i>	100.00	g	57	0.0	13.9	68.00	0.16
	140.00	g	80	0.0	19.4	95.20	0.22
	1.00	c					
<i>unsweetened, frozen</i>	100.00	g	51	0.4	12.2	54.00	0.64
	155.00	g	79	0.7	18.9	83.70	0.99
	1.00	c					
<i>canned, light syrup, drained</i>	100.00	g	88	1.0	22.7	54.00	0.40
	244.00	g	215	2.5	55.3	131.76	0.98
	1.00	c					
STRAW BERRIES							
<i>fresh, whole</i>	100.00	g	32	0.7	7.7	153.00	0.30
	144.00	g	46	1.0	11.1	220.32	0.43
	1.00	c					
<i>unsweetened, frozen (unthawed)</i>	100.00	g	35	0.4	9.1	148.00	0.11
	149.00	g	52	0.6	13.6	220.52	0.16
	1.00	c					
<i>sweetened, frozen, thawed</i>	100.00	g	78	0.5	21.0	98.00	0.14
	127.50	g	99	0.7	26.8	124.95	0.18
	0.50	c					
<i>fruit topping</i>	100.00	g	254	0.2	66.3	51.00	0.10
	42.00	g	107	0.1	27.9	21.42	0.04
	2.00	tbsp					
<i>pastry, 40pprox, enriched</i>	100.00	g	371	5.4	47.8	83.00	18.50
	71.00	g	263	3.8	33.9	58.93	13.14
	1.00	pc					
<i>Milkshake (fastfood)</i>	100.00	g	113	3.4	18.9	182.00	2.80
	226.40	g	256	7.7	42.8	412.05	6.34
	8.00	fl oz					
<i>yogurt 40pro, low fat</i>	100.00	g	105	8.2	12.3	129.00	2.57
	150.00	g	158	12.3	18.4	193.50	3.86
	1.00	item					

GRAPE-FRUIT	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>fresh</i>	100.00	g	32	0.6	8.1	139.00	0.10
	153.33	g	49	1.0	12.4	213.13	0.15
	0.67	c					
<i>white, fresh, small (3.5 diameter)</i>	100.00	g	33	0.7	8.4	148.00	0.10
	118.00	g	39	0.8	9.9	174.64	0.12
	0.50	pc					
<i>pink or red</i>	100.00	g	42	0.8	10.7	135.00	0.14
	153.33	g	64	1.2	16.4	207.00	0.21
	0.67	c					
<i>juice, white</i>	100.00	g	39	0.5	9.2	162.00	0.10
	247.00	g	96	1.2	22.7	400.14	0.25
	8.00	fl oz					
<i>juice, pink</i>	100.00	g	39	0.5	9.2	162.00	0.10
	247.00	g	96	1.2	22.7	400.14	0.25
	1.00	c					
<i>juice, unsweetened, pink, canned</i>	100.00	g	37	0.6	7.5	141.00	0.66
	247.20	g	91	1.4	18.6	348.55	1.63
	8.00	fl oz					
ELDERBERRIES							
<i>fresh</i>	100.00	g	73	7.0	6.00	39.00	
	145.00	g	106	1.0	8.70	56.55	
	1.00	c					
GOOSEBERRIES							
<i>fresh</i>	100.00	g	44	0.9	1.00	27.00	
	150.00	g	66	1.3	1.50	40.50	
	1.00	c					
<i>canned in light syrup</i>	100.00	g	73	0.7	2.00	7.00	
	252.00	g	184	1.6	5.04	17.64	
	1.00	c					
KIWI (Chinese gooseberries)							
<i>fresh, medium, without skin</i>	100.00	g	61	1.1	3.00	34.00	
	76.00	g	46	0.9	2.28	25.84	
	1.00	pc					
LOGANBERRIES							
<i>frozen</i>	100.00	g	55	1.5	1.00	26.00	
	147.00	g	81	2.2	1.47	38.22	
	1.00	c					

CHERRIES

	SERVING QUANTITY	SERVING UNIT	CALORIES (KCAL)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>sweet, without pits</i>	100.00	g	63	1.1	16.0	222.00	0.20
	154.00	g	97	1.6	24.7	341.88	0.31
	1.00	c					
<i>sour red, without pits</i>	100.00	g	50	1.0	12.2	173.00	0.30
	155.00	g	78	1.6	18.9	268.15	0.47
	1.00	c					
<i>juice, tart</i>	100.00	g	59	0.3	13.7	161.00	0.54
	269.00	g	159	0.8	36.9	433.09	1.45
	1.00	c					
<i>Pitanga or Surinam</i>	100.00	g	33	0.8	7.5	103.00	0.40
	173.00	g	57	1.4	13.0	178.19	0.69
	1.00	c					
<i>tart, dried, sweetened</i>	100.00	g	333	1.3	80.5	376.00	0.73
	40.00	g	133	0.5	32.2	150.40	0.29
	0.25	c					
<i>maraschino, canned, drained</i>	100.00	g	165	0.2	42.0	21.00	0.21
	5.00	g	8	0.0	2.1	1.05	0.01
	1.00	pc/ item					
<i>sweet, canned in juice, pitted</i>	100.00	g	54	0.9	13.8	131.00	0.02
	250.00	g	135	2.3	34.5	327.50	0.05
	1.00	c					
<i>sweet, canned in water</i>	100.00	g	46	0.8	11.8	131.00	0.13
	248.00	g	114	1.9	29.2	324.88	0.32
	1.00	c					
<i>sweet, frozen, sweetened thawed</i>	100.00	g	89	1.2	22.4	199.00	0.13
	259.00	g	231	3.0	57.9	515.41	0.34
	1.00	c					
<i>pie filling, canned</i>	100.00	g	115	0.4	28.0	105.00	0.07
	74.00	g	85	0.3	20.7	77.70	0.05
	1.00	svg					
<i>1/8 of 21 oz can = 1 svg</i>							
<i>pie fillings, low calorie</i>	100.00	g	53	0.8	12.0	118.00	0.16
	264.00	g	140	2.2	31.6	311.52	0.42
	1.00	c					
<i>sour red, canned in water, drained</i>	100.00	g	42	0.7	10.5	115.00	0.21
	168.00	g	71	1.2	17.6	193.20	0.35
	1.00	c					
<i>sour red, 42 approx. 42 ned, frozen unthawed</i>	100.00	g	46	0.9	11.0	124.00	0.44
	155.00	g	71	1.4	17.1	192.20	0.68
	1.00	c					
<i>sour red, canned in light syrup</i>	100.00	g	75	0.7	19.3	95.00	0.10
	126.00	g	95	0.9	24.3	119.70	0.13
	0.50	c					

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

CANTALOUPE MELON	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>composite, raw</i>	100.00	g	31	0.7	7.5	202.35	0.20
	165.50	g	51	1.1	12.5	334.89	0.33
	1.00	c					
<i>honeydew, balls 1 slice = 125g</i>	100.00	g	36	0.5	9.1	228.00	0.14
	132.75	g	48	0.7	12.1	302.67	0.19
	0.75	c					
<i>Navajo</i>	100.00	g	21	0.8	4.1	140.00	0.20
	85.05	g	18	0.7	3.5	119.07	0.17
	3.00	oz					
<i>melon balls, frozen, unthawed</i>	100.00	g	33	0.8	7.9	280.00	0.25
	173.00	g	57	1.5	13.7	484.40	0.43
	1.00	c					
BANANA							
<i>medium, 77.8 in long</i>	100.00	g	89	1.1	22.8	358.00	0.33
	118.00	g	105	1.3	27.0	422.44	0.39
	1.00	pc/ item					
<i>dehydrated, powder</i>	100.00	g	346	3.9	88.3	1,491.00	1.81
	6.20	g	21	0.2	5.5	92.44	0.11
	1.00	tbsp					
<i>chips, dried</i>	100.00	g	519	2.3	58.4	536.00	14.29
	42.53	g	221	1.0	24.8	227.93	33.60
	1.50	oz					
<i>pudding, mix mix to make ½ c 1 package= 88g = 3 ½ oz</i>	100.00	g	366	0.0	93.0	17.00	0.40
	22.00	g	81	0.0	20.5	3.74	0.09
	1.00	svg					
<i>pudding, ready to eat 1 can = 5 oz</i>	100.00	g	127	2.4	21.2	110.00	3.60
	142.00	g	180	3.4	30.1	156.20	5.11
	5.00	oz					

ORANGE

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, 2-5/8" diameter</i>	100.00	g	47	0.9	11.8	181.00	0.12
	131.00	g	62	1.2	15.4	237.11	0.16
	1.00	pc/ item					
<i>Valencia (California)</i>	100.00	g	49	1.0	11.9	179.00	0.30
	135.00	g	66	1.4	16.1	241.65	0.41
	0.75	c					
<i>Navel (California)</i>	100.00	g	49	0.9	12.5	166.00	0.15
	123.75	g	61	1.1	15.5	205.43	0.19
	0.75	c					
<i>Clementines</i>	100.00	g	47	0.9	12.0	177.00	0.15
	74.00	g	35	0.6	8.9	130.98	0.11
	1.00	pc/ item					
<i>orange sections</i>	100.00	g	47	0.9	11.8	181.00	0.12
	135.00	g	63	1.3	15.9	244.35	0.16
	0.75	c					
<i>juice</i>	100.00	g	45	0.7	10.4	200.00	0.20
	248.00	g	112	1.7	25.8	496.00	0.50
	8.00	fl oz					
<i>Florida, sections 1 fruit = 141g</i>	100.00	g	46	0.7	11.5	169.00	0.21
	138.75	g	64	1.0	16.0	234.49	0.29
	0.75	c					
<i>soda</i>	100.00	g	48	0.0	12.3	2.00	0.00
	248.00	g	119	0.0	30.5	4.96	0.00
	8.00	fl oz					
<i>marmalade</i>	100.00	g	246	0.3	66.3	37.00	0.00
	20.00	g	49	0.1	13.3	7.40	0.00
	1.00	tbsp					
<i>juice, frozen</i>	100.00	g	95	0.5	23.2	100.00	0.00
	238.40	g	70	0.4	17.2	74.00	0.00
	1.00	c					
<i>orange peel zest</i>	100.00	g	97	1.5	25.0	212.00	0.20
	2.00	g	2	0.0	0.5	4.24	0.00
	1.00	tsp					
<i>juice, unsweetened, canned</i>	100.00	g	47	0.7	11.0	184.00	0.15
	249.00	g	117	1.7	27.4	458.16	0.37
	8.00	fl oz					
<i>Mandarin, canned in juice</i>	100.00	g	37	0.6	5.00	10.00	
	249.00	g	92	1.5	12.45	24.90	
	1.00	c					
<i>juice, light, no pulp</i>	100.00	g	21	0.2	4.00	4.00	
	240.00	g	50	0.5	9.60	9.60	
	8.00	fl oz					
<i>Mandarin, canned in light syrup</i>	100.00	g	61	0.5	6.00	10.00	
	252.00	g	154	1.1	15.12	25.20	
	1.00	c					

LEMON	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, without seeds</i>	100.00	g	20	1.2	10.7	145.00	0.30
	108.00	g	22	1.3	11.6	156.60	0.32
	1.00	pc/ item					
<i>peeled, 2-1/8" in diameter)</i>	100.00	g	29	1.1	9.3	138.00	0.30
	58.00	g	17	0.6	5.4	80.04	0.17
	1.00	pc/ item					
<i>juice, fresh</i>	100.00	g	22	0.4	6.9	103.00	0.24
	30.50	g	7	0.1	2.1	31.42	0.07
	1.00	fl oz					
<i>peel or zest</i>	100.00	g	47	1.5	16.0	160.00	0.30
	2.00	g	1	0.0	0.3	3.20	0.01
	1.00	tsp					
<i>pudding mix 1 svg = ½ c 1 package = 85g</i>	100.00	g	363	0.1	91.8	5.00	0.50
	21.20	g	77	0.0	19.5	1.06	0.11
	1.00	svg					
<i>juice, canned</i>	100.00	g	17	0.5	5.6	109.00	0.07
	30.50	g	5	0.1	1.7	33.25	0.02
	1.00	fl oz					
<i>soda, lemon lime</i>	100.00	g	40	0.1	24.9	1.00	0.02
	245.60	g	98	0.1	10.1	2.46	0.05
	8.00	fl oz					
<i>juice, unsweetened, frozen</i>	100.00	g	22	0.5	6.5	89.00	0.32
	5.08	g	1	0.0	0.3	4.52	0.02
	1.00	tsp					
<i>pudding, ready to eat 1 can = 5 oz</i>	100.00	g	125	0.1	25.0	1.00	3.00
	142.00	g	178	0.1	35.5	1.42	4.26
	1.00	can/ item					
<i>tea, black, sweetened, ready to drink</i>	100.00	g	45	0.0	10.8	14.00	0.22
	271.00	g	122	0.0	29.3	37.94	0.60
	1.00	c					

LIME	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, 2" in diameter</i>	100.00	g	30	0.7	10.5	102.00	0.20
	67.00	g	20	0.5	7.1	68.34	0.13
	1.00	pc/ item					
<i>juice, fresh</i>	100.00	g	25	0.4	8.4	117.00	0.07
	5.13	g	1	0.0	0.4	6.01	0.00
	1.00	tsp					
<i>juice, unsweetened, canned</i>	100.00	g	21	0.3	6.7	75.00	0.23
	246.00	g	52	0.6	16.5	184.50	0.57
	1.00	c					
<i>frozen ice dessert</i>	100.00	g	128	0.4	32.6	3.00	0.00
	99.00	g	127	0.4	32.3	2.97	0.00
	0.50	c					
LYCHEE							
<i>whole, fresh</i>	100.00	g	66	0.8	16.5	171.00	0.44
	142.50	g	94	1.2	23.6	243.68	0.63
	0.75	c					
<i>dried</i>	100.00	g	277	3.8	70.7	1,110.00	1.20
	40.00	g	111	1.5	28.3	444.00	0.48
	16.00	pcs/ items					
MANGO							
<i>whole, fresh</i>	100.00	g	60	0.8	15.0	168.00	0.38
	207.00	g	124	1.7	31.0	347.76	0.79
	1.00	pc/ item					
<i>dried, sweetened</i>	100.00	g	319	2.5	78.6	279.00	1.18
<i>nectar, canned</i>	100.00	g	51	0.1	13.1	24.00	0.06
	251.00	g	128	0.3	32.9	60.24	0.15
	1.00	c					

APRICOT

	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, fresh</i>	100.00	g	48	1.4	11.1	259.00	0.39
	140.00	g	67	2.0	15.6	362.60	0.55
	4.00	pcs/ items					
<i>jam or preserves</i>	100.00	g	242	0.7	64.4	77.00	0.20
	1 packet = 0.5 oz = 14g	g	48	0.1	12.9	15.40	0.04
<i>nectar, canned</i>	1.00	tbsp					
	100.00	g	56	0.2	13.6	67.00	0.45
	251.00	g	141	0.4	34.2	168.17	1.13
<i>sweetened, frozen</i>	8.00	fl oz					
	100.00	g	98	0.7	25.1	229.00	0.10
	242.00	g	237	1.7	60.7	554.18	0.24
<i>dehydrated, sulfured</i>	1.00	c					
	100.00	g	320	4.9	82.9	1,850.00	0.62
	30.00	g	96	1.5	24.9	555.00	0.19
<i>dried, halves, sulfured</i>	0.25	c					
	100.00	g	241	3.4	62.6	1,162.00	0.51
	43.33	g	104	1.5	27.1	503.53	0.22
<i>halves w/ skin, canned in juice</i>	0.33	c					
	100.00	g	48	0.6	12.3	165.00	0.04
	244.00	g	117	1.5	30.1	402.60	0.10
<i>halves with skin, canned in light syrup</i>	1.00	c					
	100.00	g	63	0.5	16.5	138.00	0.05
	253.00	g	159	1.3	41.7	349.14	0.13
<i>PLUM</i>	1.00	c					
	100.00	g	46	0.7	11.4	157.00	0.28
	165.00	g	76	1.2	18.8	259.05	0.46
<i>sauce</i>	1.00	c					
	100.00	g	184	0.9	42.8	259.00	1.04
	19.00	g	35	0.2	8.1	49.21	0.20
<i>purple, pitted, canned in water</i>	1.00	tbsp					
	100.00	g	41	0.4	11.0	126.00	0.01
	249.00	g	102	1.0	27.5	313.74	0.02
<i>purple, canned in juice</i>	1.00	c					
	100.00	g	58	0.5	15.2	154.00	0.02
	252.00	g	146	1.3	38.2	388.08	0.05
	1.00	c					

PRUNE	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>puree</i>	100.00	g	257	2.1	65.1	852.00	0.20
	28.35	g	73	0.6	18.5	241.54	0.06
	1.00	oz					
<i>dried</i>	100.00	g	240	2.2	63.9	732.00	0.38
	42.50	g	102	0.9	27.2	311.10	0.16
	0.25	c					
<i>juice, canned</i>	100.00	g	71	0.6	17.5	276.00	0.03
	256.00	g	182	1.6	44.7	706.56	0.08
	8.00	fl oz					
<i>dehydrated, stewed</i>	100.00	g	113	1.2	29.7	353.00	0.24
	36.40	g	41	0.5	10.8	128.49	0.09
	0.13	c					
<i>dehydrated, low moisture</i>	100.00	g	339	3.7	89.1	1,058.00	0.73
	33.00	g	112	1.2	29.4	349.14	0.24
	0.25	c					
RHUBARB							
<i>whole, fresh, diced</i>	100.00	g	21	0.9	4.5	288.00	0.20
	81.33	g	17	0.7	3.7	234.24	0.16
	0.67	c					
<i>diced, frozen</i>	100.00	g	21	0.6	5.1	108.00	0.11
	137.00	g	29	0.8	7.0	147.96	0.15
	1.00	c					
<i>frozen, cooked with sugar</i>	100.00	g	116	0.4	31.2	96.00	0.05
	120.00	g	139	0.5	37.4	115.20	0.06
	0.50	c					
POMEGRANATE							
<i>whole, fresh, 4" in diameter</i>	100.00	g	83	1.7	18.7	236.00	1.17
	282.00	g	234	4.7	52.7	665.52	3.30
	1.00	pc/ item					
<i>juice, bottled</i>	100.00	g	54	0.2	13.1	214.00	0.29
	251.20	g	136	0.4	33.0	537.57	0.73
	8.00	fl oz					

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

WATER MELON	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>raw, balls</i>	100.00	g	30	0.6	7.6	112.00	0.15
	154.00	g	46	0.9	11.6	172.00	0.23
	1.00	c					
<i>juice, 100%, no ice</i>	100.00	g	30	0.6	7.6	112.00	0.15
	30.00	g	9	0.2	2.3	33.60	0.05
	1.00	fl oz					
<i>seeds, kernels, dried</i>	100.00	g	557	28.3	15.3	648.00	47.37
	28.35	g	158	8.0	4.3	184.00	13.40
	1.00	oz					
FIG							
<i>raw</i>	100.00	g	74	0.8	19.2	232.00	0.30
	50.00	g	37	0.4	9.6	116.00	0.15
	1.00	pc/ item					
<i>dried</i>	100.00	g	249	3.3	63.9	680.00	0.92
	8.00	g	20	0.3	5.1	54.40	0.07
	1.00	pc					
<i>canned</i>	100.00	g	75	0.6	19.4	157.00	0.24
	250.00	g	188	1.4	48.4	392.00	0.60
	1.00	c					
<i>dried, stewed</i>	100.00	g	107	1.4	27.6	294.00	0.40
	259.00	g	277	3.7	71.4	761.00	1.04
	1.00	c					
<i>canned, water pack, solids/liquids</i>	100.00	g	53	0.4	14.0	103.00	0.10
	248.00	g	131	1.0	34.7	255.00	0.25
	1.00	c					
<i>canned, light syrup pack, solids/liquids</i>	100.00	g	69	0.4	18.0	102.00	0.10
	252.00	g	174	1.0	45.2	257.00	0.25
	1.00	c					
GUAVA							
<i>raw</i>	100.00	g	68	2.6	14.3	417.00	0.95
	55.00	g	37	1.4	7.9	229.00	0.52
	1.00	pc/ item					
<i>nectar</i>	100.00	g	48	0.3	13.3	33.00	0.07
<i>no ice</i>	31.00	g	15	0.1	4.1	10.20	0.02
	1.00	fl oz					
	<i>paste</i>	100.00	g	280	0.1	77.6	69.00
	20.00	g	56	0.0	14.5	13.80	0.05
	1.00	tbsp					

DATES	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>whole, dried</i>	100.00	g	282	2.5	75.0	656.00	0.39
	8.00	g	23	0.2	6.0	52.50	0.03
	1.00	pc/ item					
<i>Medjool, pitted</i>	100.00	g	277	1.8	75.0	696.00	0.15
	24.00	g	67	0.4	18.0	167.00	0.04
	1.00	pc/item					
<i>candy</i>	100.00	g	379	4.2	58.1	540.00	18.04
	28.35	g	107	1.2	16.5	153.00	5.11
	1.00	oz					
POMELO							
<i>whole, fresh section</i>	100.00	g	38	0.8	9.6	216.00	0.04
	190.00	g	72	1.4	18.3	410.00	0.08
	1.00	c					
MANGOSTEEN							
<i>canned, syrup pack drained</i>	100.00	g	73	0.4	17.9	48.00	0.58
	196.00	g	143	0.8	35.1	94.10	1.14
	1.00	c					
JACKFRUIT							
<i>raw, fresh slices</i>	100.00	g	95	1.7	23.3	448.00	0.64
	165.00	g	157	2.8	38.4	739.00	1.06
	1.00	c					
<i>canned, syrup pack drained</i>	100.00	g	92	0.4	23.9	96.00	0.14
	178.00	g	164	0.6	42.6	171.00	0.25
	1.00	c					
DURIAN							
<i>raw or frozen chopped or diced</i>	100.00	g	147	1.5	27.1	436.00	5.33
	243.00	g	357	3.6	65.8	1,060.00	13.00
	1.00	c					
SOURSOP							
<i>raw, pulp</i>	100.00	g	66	1.0	16.8	278.00	0.30
	225.00	g	148	2.3	37.9	626.00	0.68
	1.00	c					
<i>nectar no ice, pure</i>	100.00	g	59	0.1	14.9	25.00	0.17
	31.00	g	18	0.0	4.6	7.75	0.05
	1.00	fl oz					

PLANTAIN	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>ripe, raw, fresh</i>	100.00	g	122	1.3	31.9	487.00	0.35
	180.00	g	220	2.3	57.4	877.00	0.63
	1.00	pc/ item					
<i>green, raw, fresh</i>	100.00	g	152	1.3	36.7	431.00	0.07
	267.00	g	406	3.3	97.9	1,150.00	0.19
	1.00	pc/item					
<i>green, boiled</i>	100.00	g	121	1.1	29.2	289.00	0.08
	137.00	g	166	1.5	39.9	396.00	0.11
	1.00	c					
<i>green, fried</i>	100.00	g	309	1.5	49.2	482.00	11.81
	118.00	g	365	1.8	58.0	569.00	13.90
	1.00	c					
<i>yellow, raw, fresh</i>	100.00	g	122	1.3	31.9	487.00	0.35
	270.00	g	329	3.5	86.1	1,310.00	0.95
	1.00	pc/ item					
<i>yellow, baked</i>	100.00	g	155	1.5	41.4	477.00	0.16
	139.00	g	215	2.1	57.5	663.00	0.22
	1.00	c					
<i>chips</i>	100.00	g	531	2.3	63.8	786.00	29.59
	28.35	g	151	0.6	18.1	223.00	8.39
	1.00	oz					
AVOCADO							
<i>fresh, raw mashed/ pureed</i>	100.00	g	160	2.0	8.5	485.00	14.66
	230.00	g	368	4.6	19.6	1,120.00	33.70
	1.00	c					
<i>oil</i>	100.00	g	884	0.0	0.0	0.00	100.00
	14.00	g	124	0.0	0.0	0.00	14.00
	1.00	tbsp					
<i>dressing</i>	100.00	g	427	1.9	7.4	58.00	43.33
	15.30	g	65	0.3	1.1	8.87	6.63
	1.00	tbsp					
<i>California, raw/fresh no seed and skin</i>	100.00	g	167	2.0	8.6	507.00	15.41
	136.00	g	227	2.7	11.8	690.00	21.00
	1.00	pc/ item					
<i>Florida, fresh/ raw no seed and skin</i>	100.00	g	120	2.2	7.8	351.00	10.06
	304.00	g	365	6.8	23.8	1,070.00	30.60
	1.00	pc/ item					
<i>Guacamole</i>	100.00	g	155	2.0	8.5	472.00	14.18
	15.00	G	23	0.3	1.3	70.80	2.13
	1.00	tbsp					

TAMARIND	SERVING QUANTITY	SERVING UNIT	CALORIES (kcal)	PROTEIN (g)	TOTAL CARBOHYDRATES (g)	POTASSIUM (mg)	TOTAL FAT (g)
<i>fresh, raw</i>	100.00	g	239	2.8	62.5	628.00	0.60
	2.00	g	5	0.1	1.3	12.60	0.01
	1.00	pc/item					
<i>candy</i>	100.00	g	331	0.0	92.0	309.00	0.00
	22.00	g	73	0.0	20.2	68.00	0.00
	1.00	tbsp					
<i>dried</i>	100.00	g	254	2.5	66.2	565.00	0.57
	160.00	g	406	4.0	106.0	904.00	0.91
	1.00	c					
SAPODILLA							
<i>fresh/raw</i>	100.00	g	83	0.4	20.0	193.00	1.10
	170.00	g	141	0.8	33.9	328.00	1.87
	1.00	pc/ item					
SUGAR APPLE (Sweetsop)							
<i>fresh, raw (2-7/8" in diameter)</i>	100.00	g	94	2.1	23.6	247.00	0.29
	155.00	g	146	3.2	36.6	383.00	0.45
	1.00	pc/ item					
STARFRUIT							
<i>fresh/ raw</i>	100.00	g	31	1.0	6.7	133.00	0.33
	90.00	g	28	0.9	6.1	120.00	0.30
	1.00	pc/ item					