



What's in a 1/2 cup* of FRUIT?



Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

Total Calories
Total Fat
Calories from Fat
Carbohydrate
Dietary Fiber
Sugars
Protein
Vitamin A
Vitamin C
Folate
Sodium
Potassium
Calcium
Iron
Magnesium

FRUITS	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Apple	33	<.5 0	1	9 3	2 6	6	0	1	5	0	1 0	67 2	4 0	0 0	3 1
Avocado	120	11 17	99	6 2	5 20	0	2	2	13	15	5 0	364 10	9 1	<.5 2	22 5
Banana	67	<.5 0	2	17 6	2 8	9	1	1	11	4	1 0	269 8	4 0	<.5 1	20 5
Blueberries	42	<.5 0	2	11 4	2 7	7	1	1	12	1	1 0	57 2	4 0	<.5 1	4 1
Cantaloupe	27	<.5 0	1	7 2	1 3	6	1	54	49	4	13 1	214 6	7 1	<.5 1	10 2
Cherries	46	<.5 0	1	12 4	2 6	9	1	1	8	1	0 0	161 5	9 1	<.5 1	8 2
Fig, dried	186	1 1	6	48 16	7 29	36	2	0	1	2	7 0	507 14	121 12	2 8	51 13
Fig, fresh (1 large)	47	<.5 0	2	12 4	2 7	10	0	2	2	1	1 0	148 4	22 2	<.5 1	11 3
Grapefruit	38	<.5 0	1	10 3	1 5	8	1	1	64	3	0 0	170 5	14 1	0 0	10 3
Grapes	55	<.5 0	1	14 5	1 3	12	1	1	14	0	2 0	153 4	8 1	<.5 2	6 1
Guava	56	1 1	7	12 4	4 18	7	2	10	314	10	2 0	344 10	15 1	<.5 1	18 5
Honeydew	31	<.5 0	1	8 3	1 3	7	0	1	26	4	15 1	194 6	5 1	<.5 1	9 2
Kiwifruit	54	<.5 1	4	13 4	3 11	8	1	n/a	138	0	3 0	278 8	30 3	<.5 2	15 4
Kumquat (6 medium)	81	1 2	9	18 6	7 30	11	2	7	83	5	11 0	212 6	71 7	1 5	23 6
Lemon (sections)	31	<.5 0	3	10 3	3 12	3	1	0	94	3	2 0	146 4	28 3	1 4	8 2
Lime (1 medium)	20	<.5 0	1	7 2	2 8	1	0	1	33	1	1 0	68 2	22 2	<.5 2	4 1
Mango	54	<.5 0	2	14 5	1 6	12	0	13	38	3	2 0	129 4	8 1	<.5 1	7 2



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FRUITS	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Nectarine	31	<.5 0	2	8 3	1 5	6	1	5	6	1	0 0	144 4	4 0	<.5 1	6 2
Orange	42	<.5 0	1	11 4	2 9	8	1	4	80	7	0 0	163 5	36 4	<.5 1	9 2
Papaya	27	<.5 0	1	7 2	1 5	4	0	15	72	7	2 0	180 5	17 2	0 0	7 2
Peach	30	<.5 0	2	7 2	1 6	6	1	8	0	0	0 0	146 4	5 0	<.5 1	7 2
Pear	41	<.5 0	1	11 4	2 9	7	0	0	5	1	1 0	83 2	6 1	<.5 1	5 1
Persimmon (1 fruit)	118	<.5 0	3	31 10	6 24	21	1	55	21	3	2 0	270 8	13 1	<.5 1	15 4
Pineapple	39	<.5 0	1	10 3	1 4	8	0	1	62	3	1 0	84 2	10 1	<.5 1	9.3 2
Plum	38	<.5 0	2	9 3	1 5	8	1	6	13	1	0 0	130 4	5 1	<.5 1	5.77 1
Plum, dried	204	<.5 1	3	54 18	6 24	32	2	13	1	1	2 0	622 18	37 4	1 4	35 9
Pomegranate (1/2 fruit)	52	<.5 0	2	13 4	<.5 2	13	1	2	8	1	2 0	199 6	2 0	<.5 1	2 1
Pummelo	36	0 0	0	9 3	1 4	n/a	1	0	97	6	1 0	205 6	4 0	<.5 1	6 1
Raisins (1/2 cup, packed)	247	<.5 1	3	65 22	3 12	49	3	0	3	1	9 0	618 18	41 4	2 9	26 7
Raspberries	32	<.5 1	4	7 2	4 16	3	1	0	27	3	1 0	93 3	15 2	<.5 2	14 3
Star Fruit	17	<.5 0	2	4 1	2 6	2	1	1	31	2	1 0	72 2	2 0	0 0	5 1
Strawberries	27	<.5 0	2	6 2	2 7	4	1	0	81	5	1 0	127 4	13 1	<.5 2	11 3
Tangerine	52	<.5 0	3	13 4	2 7	10	1	13	43	4	2 0	162 5	36 4	<.5 1	12 3
Watermelon	23	<.5 0	1	6 2	<.5 1	5	0	9	10	1	1 0	85 2	5 1	<.5 1	8 2
Wild Blueberries	45	1 1	5	9 3	2 8	5	1	2	23	6	4 0	56 2	10 1	<.5 2	5 1

*Unless otherwise stated
n/a=not available

Fruits contain no cholesterol. Most contain negligible amounts of saturated and trans fats. Avocados contain 1.6g saturated fat in 1/2 cup.

