Fruits and Vegetables—Nutrition Facts

EAT 5 to 9 A DAY	Household Serving Size	Serving Size (g)	Serving Size (oz)	Calories (Kcal)	Calories From Fat (Kcal)	Protein (g)	Carbohydrate (g)	Fat (g)	Sodium (mg)	Potassium (mg)	Dietary Fiber (g)	Vitamin A	Vitamin C	Calcium	Iron
												% of U.S. RDA			
Apple	1 med.	154	5.5	80	10	0	24	1	0	160	4	*	6	*	*
Asparagus	5 spears	93	3.3	20	0	2	5	0	0	210	2	10	10	*	*
Avocado	1/5 med.	30	1.1	60	50	0	2	6	0	105	1	*	2	*	*
Banana	1 med.	126	4.5	110	0	1	29	0.5	0	390	1	*	*	*	*
Bell Pepper	1 med.	148	5.3	30	0	1	7	0	0	240	2	6	150	*	*
Broccoli	1 med. stalk	148	5.3	50	0	4	9	0.5	70	480	4	10	200	6	4
Cabbage	1/12 med.	84	3	25	0	1	6	0	25	170	2	*	60	4	*
Cantaloupe	¼ med.	134	4.8	50	0	1	13	0	35	210	1	80	80	2	2
Carrot	1 med. 7″ long 1 ¼ diameter	78	2.8	40	0	1	9	0	50	220	2	220	8	2	*
Cauliflower	1/6 med. head	99	3.5	25	0	2	5	0	40	250	2	*	100	2	2
Celery	2 med. stalk	110	3.9	25	0	1	5	0	125	300	2	2	10	4	2
Cherry	21 cherries 1 cup	140	5	90	10	1	23	1	0	260	3	*	8	2	*
Cucumber	1/3 med.	99	3.5	15	0	1	3	0	0	160	0	4	8	2	2
Grapes	1 ½ cups	138	4.9	90	10	1	24	1	0	270	1	2	25	2	2
Grapefruit	½ med.	154	5.5	70	0	1	18	0.5	0	210	5	10	80	4	*
Green Bean	¾ cups cut	83	3	25	0	1	5	0	0	190	3	2	8	4	*
Green Onion	¼ cup chopped	25	0.9	10	0	0	2	0	5	70	1	2	8	*	*
Honeydew	1/10 med.	134	4.8	50	0	1	14	0	45	290	1	*	40	*	2

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Iceburg Lettuce	1/6 med. head	89	3.2	20	0	1	3	0	10	85	1	2	4	*	*
Kiwifruit	2 med.	148	5.3	100	15	2	25	1.5	0	450	4	2	200	6	4
Leaf Lettuce	1 ½ cups shredded	85	3	15	0	1	3	0	40	210	1	30	4	2	*
Lemon	1 med.	58	2.1	20	0	0	6	0	10	65	1	*	35	2	*
Lime	1 med.	67	2.4	20	0	0	7	0	0	75	2	*	35	*	*
Mushroom	5 med.	84	3	20	0	2	3	0	0	280	1	*	*	*	*
Nectarine	1 med.	140	5	70	0	1	16	0.5	0	300	2	4	15	*	2
Onion	1 med.	148	5.3	60	0	1	16	0	5	200	3	*	15	4	*
Orange	1 med.	154	5.5	80	0	1	21	0	0	250	5	*	120	4	*
Peach	1 med.	98	3.5	40	0	1	10	0	0	190	2	2	10	*	*
Pear	1 med.	166	5.9	100	10	1	25	1	0	210	4	*	10	2	*
Pineapple	2 slices 3″ diameter ¾″ thick	112	4	70	0	0	17	0	10	100	1	*	25	*	*
Plum	2 med.	132	4.7	80	10	1	19	1	0	220	2	6	20	*	*
Potato	1 med.	148	5.3	120	0	3	27	0	5	680	2	*	40	*	6
Radish	7 radishes	85	3	20	0	0	4	0	30	180	0	*	30	*	*
Strawberry	8 med.	147	5.3	70	0	1	17	0.5	0	220	3	*	130	2	2
Summer Squash	½ med.	98	3.5	20	0	1	4	0	0	240	1	4	25	2	2
Sweet Corn	Kernels, 1 med.	90	3.2	80	10	3	18	1	0	240	3	2	10	*	2
Sweet Potato	1 med. 5″ long 2″ diameter	130	4.6	130	0	2	33	0	45	350	4	440	30	2	2
Tangerine	1 med.	109	3.9	80	10	0	20	1	5	120	3	0	35	2	*
Tomato	1 med.	148	5.3	35	10	1	7	1	5	300	1	15	35	*	2
Watermelon	1/18 med. 2 cups diced	280	10	90	0	1	26	0	10	230	1	10	25	*	2

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