

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	mg	%DV	g	%DV				g	%DV	%DV	%DV		
Asparagus 5 spears (91 g/3.3 oz)	20	0	0	0	0	230	4	2	8	2g	2g	10%	15%	2%	2%					
Bell Pepper 1 medium (148 g/5.3 oz)	25	0	0	40	2	220	6	2	8	4g	1g	4%	190%	2%	4%					
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	3	460	8	3	12	2g	4g	6%	220%	6%	6%					
Carrot 1 carrot, 2" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	60	3	250	7	2	8	5g	1g	110%	10%	2%	2%					
Cauliflower 1/8 medium head (99 g/3.5 oz)	25	0	0	30	1	270	5	2	8	2g	2g	0%	100%	2%	2%					
Celery 2 medium stalks (110 g/3.9 oz)	15	0	0	115	5	260	4	1	8	2g	0g	10%	15%	4%	2%					
Cucumber 1/3 medium (99 g/3.5 oz)	10	0	0	0	0	140	2	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	200	5	3	12	2g	1g	4%	10%	4%	2%					
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0	20	1	190	5	2	8	3g	1g	0%	70%	4%	2%					
Green Onion 1/4 cup chopped (25 g/0.9 oz)	10	0	0	10	0	70	2	1	4	1g	0g	2%	8%	2%	2%					
Iceberg Lettuce 1/8 medium head (89 g/3.2 oz)	10	0	0	10	0	125	2	1	4	2g	1g	6%	6%	2%	2%					
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	1	170	2	1	4	1g	1g	130%	6%	2%	4%					
Mushrooms 5 medium (84 g/3.0 oz)	20	0	0	15	0	300	3	1	4	0g	3g	0%	2%	0%	2%					
Onion 1 medium (148 g/5.3 oz)	45	0	0	5	0	190	11	3	12	9g	1g	0%	20%	4%	4%					
Potato 1 medium (148 g/5.3 oz)	110	0	0	0	0	620	26	9	8	1g	3g	0%	45%	2%	6%					
Radishes 7 radishes (85 g/3.0 oz)	10	0	0	55	2	190	3	1	4	2g	0g	0%	30%	2%	2%					
Summer Squash 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	260	4	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	250	18	6	8	5g	4g	2%	10%	0%	2%					
Sweet Potato 1 medium, 3" long, 2" diameter (139 g/4.6 oz)	100	0	0	70	3	440	23	8	16	7g	2g	120%	30%	4%	4%					
Tomato 1 medium (148 g/5.3 oz)	25	0	0	20	1	340	5	2	4	3g	1g	20%	40%	2%	4%					

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

U.S. Food and Drug Administration
(January 1, 2008)

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	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 (58 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 (148 g/5.3 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 1/16 medium melon; 2 cups diced pieces (289 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.

U.S. Food and Drug Administration
(January 1, 2008)