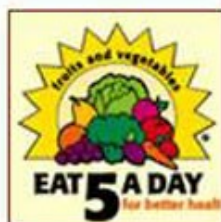


		Serving Size(g)	Total Calories	Calories from Fat	Total fat(g)	Sodium(mg)	Potassium(mg)	Total Carbohydrates(g)	Dietary Fiber(g)	Sugars(g)	Protein(g)	%DV Vitamin A*	%DV Vitamin C*	%DV Calcium	%DV Iron
apple	(1 medium)	164	80	0	0	0	170	22	5	16	0	2	8	0	0
banana	(1 medium)	126	110	0	0	0	400	29	4	21	1	0	15	0	2
blueberries	(1 cup)	140	100	10	1	0	105	27	3	10	1	0	15	0	2
cantaloupe	(1/4 medium)	134	50	0	0	25	280	12	1	10	1	100	80	2	2
cherries	(21 cherries; 1 cup)	140	90	0	.5	0	300	22	3	19	2	2	15	2	2
figs(dried)	(2 figs)	38	100	0	0	5	230	29	3	25	1	0	0	4	2
grapefruit	(1/2 medium)	164	60	0	0	0	230	16	6	10	1	15	110	2	0
grapes	(1 1/2 cups)	138	90	10	1	0	270	24	1	23	1	2	26	2	2
honeydew	(1/10 medium)	134	60	0	0	35	310	13	1	12	1	2	46	0	2
kiwifruit	(2 medium)	148	100	10	1	0	480	24	4	16	2	2	240	6	4
lemon	(1 medium)	68	15	0	0	5	90	6	1	1	0	0	40	2	0
lime	(1 medium)	67	20	0	0	0	75	7	2	0	0	0	35	0	0
mango	(1/2 mango)	104	70	5	.5	0	125	17	1	15	0	40	16	0	0
nectarine	(1 medium)	140	70	0	.5	0	300	16	2	12	1	4	16	0	2
orange	(1 medium)	164	70	0	0	0	260	21	7	14	1	2	130	6	2
peach	(1 medium)	98	40	0	0	0	190	10	2	9	1	2	10	0	0
pear	(1 medium)	166	100	10	1	0	210	25	4	17	1	0	10	2	0
pineapple	(2 slices)	112	60	0	0	10	115	16	1	13	1	0	26	2	2
plums	(2 medium)	132	80	10	1	0	220	19	2	10	1	6	20	0	0
prunes	(5 prunes)	42	110	0	0	0	280	25	3	18	1	10	2	2	4
raisins	(1/4 cup)	40	130	0	0	10	310	31	2	29	1	0	0	2	6
raspberries	(1 cup)	126	60	0	0	0	160	17	8	12	1	0	40	2	2
strawberries	(8 medium)	147	45	0	0	0	270	12	4	8	1	0	160	2	4
tangerine	(1 medium)	109	60	0	.5	0	180	15	3	12	1	0	50	4	0
watermelon	(1/18 medium)	280	80	0	0	10	230	27	2	25	1	20	25	2	2



* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Source: U.S. Food and Drug Administration and Produce Marketing Association.

Print Chart Acrobat Reader is necessary to print the file. Download [Acrobat Reader](#) if needed.

This content comes from www.dole5aday.com and is being used with permission from Dole Food Company, Inc. For more information, visit www.dole5aday.com.

Tony and his staff make every effort to ensure the accuracy of the material found on my website. All information provided herein, including the benefits of eating fruits and vegetables is intended for educational purposes only, and is not intended to provide any medical advice.