

FRUIT - NUTRITIONAL CHART

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		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

The percentage figures shown above are based on a 2,000 calorie dietary allowance.
 Remember that your personal nutritional needs will vary according to your daily calorie needs.