

Appendix C to Part 101—Nutrition Facts for Raw Fruits and Vegetables

Nutrition facts ¹ for raw fruits and vegetables edible portion	Cal-ories	Cal-ories from fat	Total fat		Saturated fat		Cholesterol		Sodium		Potassium		Total Car-bohydrate		Dietary Fiber		Sug-ars	Pro-tein	Vita-min A	Vita-min C	Cal-cium	Iron		
			(g)	(%)	(g)	(%)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)							(g)	(%)
			(g)	(%)	(g)	(%)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)							(g)	(%)
Banana, 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	0	0	0	0	400	11	29	10	4	16	21	1	0	15	0	2		
Apple, 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	0	0	0	0	170	5	22	7	5	20	16	0	2	8	0	2		
Watermelon, 1/8 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	0	0	10	0	230	7	27	9	2	8	25	1	20	25	2	4		
Orange, 1 medium (154 g/5.5 oz)	70	0	0	0	0	0	0	0	0	0	260	7	21	7	7	28	14	1	2	130	6	2		
Cantaloupe, 1/4 medium (134 g/4.8 oz)	50	0	0	0	0	0	0	0	25	1	280	8	12	4	1	4	11	1	100	80	2	2		
Grapes, 1 1/2 cups (138 g/4.9 oz)	90	10	1	2	0	0	0	0	0	0	270	8	24	8	1	4	23	1	2	25	2	2		
Grapefruit, 1/2 medium (154 g/5.3 oz) ..	60	0	0	0	0	0	0	0	0	0	230	7	16	5	6	24	10	1	15	110	2	0		
Strawberries, 8 medium (147 g/5.3 oz) ..	45	0	0	0	0	0	0	0	0	0	270	8	12	4	4	16	8	1	0	160	2	4		
Peach, 1 medium (98 g/3.5 oz)	40	0	0	0	0	0	0	0	0	0	190	5	10	3	2	8	9	1	2	10	0	0		
Pear, 1 medium (166 g/5.9 oz)	100	10	1	2	0	0	0	0	0	0	210	6	25	8	4	16	17	1	0	10	2	0		
Nectarine, 1 medium (140 g/5.0 oz)	70	0	0.5	1	0	0	0	0	0	0	300	9	16	5	2	8	12	1	4	15	0	2		
Honeydew Melon, 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	0	0	0	0	35	1	310	9	13	4	1	4	12	1	2	45	0	2		
Plums, 2 medium (132 g/4.7 oz)	80	10	1	2	0	0	0	0	0	0	220	6	19	6	2	8	10	1	6	20	0	0		
Avocado, California, 1/2 medium (30 g/1.1 oz)	55	45	5	8	1	5	0	0	0	0	170	5	3	1	3	12	0	1	0	4	0	0		
Lemon, 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	0	0	5	0	90	3	5	2	1	4	1	0	0	40	2	0		
Pineapple, 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	60	0	0	0	0	0	0	0	10	0	115	3	16	5	1	4	13	1	0	25	2	2		
Tangerine, 1 medium (109 g/3.9 oz)	50	0	0.5	1	0	0	0	0	0	0	180	5	15	5	3	12	12	1	0	50	4	0		
Sweet cherries, 21 cherries; 1 cup (140 g/5.0 oz)	90	0	0.5	1	0	0	0	0	0	0	300	9	22	7	3	12	19	2	2	15	2	2		
Kiwifruit, 2 medium (148 g/5.3 oz)	100	10	1	2	0	0	0	0	0	0	480	14	24	8	4	16	16	2	2	240	6	4		
Lime, 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0		
Potato, 1 medium (148 g/5.3 oz)	100	0	0	0	0	0	0	0	0	0	720	21	26	9	3	12	3	4	0	45	2	6		
Iceberg lettuce, 1/6 medium head (89 g/3.2 oz)	15	0	0	0	0	0	0	10	0	120	3	3	3	1	1	4	2	1	4	6	2	2		
Tomato, 1 medium (148 g/5.3 oz)	35	0	0.5	1	0	0	0	5	0	360	10	7	7	2	1	4	4	1	20	40	2	2		
Onion, 1 medium (148 g/5.3 oz)	60	0	0	0	0	0	0	5	0	240	7	14	5	3	12	9	2	0	0	20	4	2		
Carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	35	0	0	0	0	0	0	40	2	280	8	8	8	3	2	8	5	1	270	10	2	0		
Celery, 2 medium stalks (110 g/3.9 oz) ..	20	0	0	0	0	0	0	100	4	350	10	5	5	2	2	8	0	1	2	15	4	2		
Sweet corn, kernels from 1 medium ear (90 g/3.2 oz)	80	10	1	2	0	0	0	0	0	0	240	7	18	6	3	12	5	3	2	10	0	2		
Broccoli, 1 medium stalk (148 g/5.3 oz) ..	45	0	0.5	1	0	0	0	55	2	540	15	8	8	3	5	20	3	5	15	220	6	6		
Green cabbage, 1/2 medium head (84 g/3.0 oz)	25	0	0	0	0	0	0	20	1	190	5	5	5	2	2	8	3	1	0	70	4	2		
Cucumber, 1/2 medium (99 g/3.5 oz)	15	0	0	0	0	0	0	0	0	0	170	5	3	1	1	4	2	1	4	10	2	2		
Bell pepper, 1 medium (148 g/5.3 oz) ..	30	0	0	0	0	0	0	0	0	0	270	8	7	2	2	8	4	1	8	190	2	2		
Cauliflower, 1/6 medium head (99 g/3.5 oz)	25	0	0	0	0	0	0	30	1	270	8	5	2	2	2	8	2	2	0	100	2	2		
Leaf lettuce, 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	0	0	0	0	30	1	230	7	4	4	1	2	8	2	1	40	6	4	0		

Nutrition facts ¹ for raw fruits and vegetables edible portion	Calories	Calories from fat	Total fat		Saturated fat		Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Calcium (%)	Iron (%)
			(g)	(%)	(g)	(%)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)						
Sweet Potato, medium, 5" long, 2" diameter (130 g/4.6 oz)	130	0	0	0	0	0	0	0	45	2	350	10	33	11	4	16	7	2	440	30	2	2
Mushrooms, 5 medium (84 g/3.0 oz) ...	20	0	0	0	0	0	0	0	0	0	300	9	3	1	1	4	0	3	0	2	0	2
Green onion, 1/4 cup chopped (25 g/0.9 oz)	10	0	0	0	0	0	0	0	5	0	70	2	2	1	1	4	1	0	2	8	0	0
Green (snap) beans, 3/4 cup cut (83 g/3.0 oz)	25	0	0	0	0	0	0	0	0	0	200	6	5	2	3	12	2	1	4	10	4	2
Radishes, 7 radishes (85 g/3.0 oz)	15	0	0	0	0	0	0	0	25	1	230	7	3	1	0	0	2	1	0	30	2	0
Summer squash, 1/2 medium (98 g/3.5 oz)	20	0	0	0	0	0	0	0	0	0	260	7	4	1	2	8	2	1	6	30	2	2
Asparagus, 5 spears (93 g/3.3 oz)	25	0	0	0	0	0	0	0	0	0	230	7	4	1	2	8	2	2	10	15	2	2

¹ Raw, edible weight portion. Percent (%) Daily Values are based on a 2,000 calorie diet.

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