

FRUIT GROUP

Food and Description	Approx. Measure	Food Energy (Calories)	Carbohydrate (grams)	Protein (grams)	Fat (grams)
Apple, with skin, raw	1	80	21	0	0
Apple Juice	3/4 cup	85	21	0	0
Apricots, juice packed, skinless	1/2 cup	40	10	1	0
Avocado, raw	1/2 medium	150	6	2	15
Banana, raw	1	105	27	1	1
Cantaloupe, raw	1/2 cup	30	7	1	0
Cranberry Juice Cocktail	3/4 cup	110	27	0	0
Fruit salad, canned in heavy syrup	1/2 cup	95	25	0	0
Grapefruit, white, raw	1/2	40	10	1	0
Grapes, raw	1/2 cup	55	14	1	0
Orange, raw	1	65	16	1	0
Orange Juice	3/4 cup	85	19	1	0
Peach, raw	1	40	10	1	0
Peaches, canned in heavy syrup	1/2 cup	95	26	1	0
Pear, raw	1	100	25	1	0
Pineapple, canned in juice	1/2 cup	75	20	0	0
Pineapple Juice	3/4 cup	105	25	1	0
Raisins, seedless	1/3 cup	150	39	2	0
Strawberries, raw	1/1 cup	20	5	0	0
Watermelon, raw	1/2 cup	25	6	1	0

Sources: Composition of Foods, Agriculture Handbook 8 Nos. 1, 2, 4-17, 20. USDA 1976-1992. Bowes & Church's Food Values of Portions Commonly Used, Sixteenth Edition. J.B. Lippincott Company, 1994. Calorie figures over 5 are rounded to the nearest five. Other nutrient values are rounded to the nearest whole number. Values less than 0.5 are listed as zero.