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

Nutrition facts[1] for raw fruits and vegetables edible portion	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	(%)	(g)	(%)	(g)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)	(g)	(g)	(%)	(%)	(%)	(%)
Apple, 1 large (242 g/8 oz)	130	0	0	0	0	0	0	0	0	0	0	260	7	34	11	5	20	25	1	2	8	2	2
Avocado, California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	7	0.5	3	0	0	0	0	0	140	4	3	1	1	4	0	1	0	4	0	2
Banana, 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	0	0	0	0	0	450	13	30	10	3	12	19	1	2	15	0	2
Cantaloupe, 1/4 medium (134 g/4.8 oz)	50	0	0	0	0	0	0	0	0	20	1	240	7	12	4	1	4	11	1	120	80	2	2
Grapefruit, 1/2 medium (154 g/5.5 oz)	60	0	0	0	0	0	0	0	0	0	0	160	5	15	5	2	8	11	1	35	100	4	0
Grapes, 3/4 cup (126 g/4.5 oz)	90	0	0	0	0	0	0	0	0	15	1	240	7	23	8	1	4	20	0	0	2	2	0
Honeydew Melon, 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	0	0	0	0	0	30	1	210	6	12	4	1	4	11	1	2	45	2	2
Kiwifruit, 2 medium (148 g/5.3 oz)	90	10	1	2	0	0	0	0	0	0	0	450	13	20	7	4	16	13	1	2	240	4	2
Lemon, 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	0	0	0	0	0	75	2	5	2	2	8	2	0	0	40	2	0
Lime, 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0
Nectarine, 1 medium (140 g/5.0 oz)	60	5	0.5	1	0	0	0	0	0	0	0	250	7	15	5	2	8	11	1	8	15	0	2
Orange, 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	0	0	0	0	0	250	7	19	6	3	12	14	1	2	130	6	0
Peach, 1 medium (147 g/5.3 oz)	60	0	0.5	1	0	0	0	0	0	0	0	230	7	15	5	2	8	13	1	6	15	0	2
Pear, 1 medium (166 g/5.9 oz)	100	0	0	0	0	0	0	0	0	0	0	190	5	26	9	6	24	16	1	0	10	2	0
Pineapple, 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	0	0	0	0	0	0	10	0	120	3	13	4	1	4	10	1	2	50	2	2
Plums, 2 medium (151 g/5.4 oz)	70	0	0	0	0	0	0	0	0	0	0	230	7	19	6	2	8	16	1	8	10	0	2
Strawberries, 8 medium (147g/5.3 oz)	50	0	0	0	0	0	0	0	0	0	0	170	5	11	4	2	8	8	1	0	160	2	2
Sweet cherries, 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	0	0	0	0	0	0	0	350	10	26	9	1	4	16	1	2	15	2	2
Tangerine, 1 medium (109 g/3.9 oz)	50	0	0	0	0	0	0	0	0	0	0	160	5	13	4	2	8	9	1	6	45	4	0
Watermelon, 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	0	0	0	0	0	270	8	21	7	1	4	20	1	30	25	2	4