

FRUITS & VEGETABLES (1/2 cup serving)	Calories	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Protein (g)	Dietary Fiber (g)
Apple, Small Fresh	60	0	0	0	0.3	3
Applesauce (single serve)	50	0	0	0	0	1
Applesauce ,Cinnamon (single serve)	100	0	0	0	0	1
Applesauce, Unsweetened	60	0	0	0	<1	2
Banana	67	0.25	0	0	0.8	2
Beans, Green (canned)	30	0	0	0	0	3
Beans, Vegetarian	130	1	0	NL	6	6
Beans, Pinto (canned)	100	0	0	0	6	5
Beans, Refried (canned)	170	4	1	2	8	6
Broccoli	25	0	0	0	2	2
Broccoli w/ Cheese	68	3	2	0	4.6	2
Cantaloupe	30	0	0	0	0	0.8
Carrots, Glazed	96	5	0.8	0	0.7	3
Carrots, raw	13	0	0	0	0.3	0.8
Celery Sticks	4	0	0	0	0.2	0.4
Corn, 3" Cob	140	1.5	0.5	NL	5	2
Corn, Whole Kernel	130	1.5	0	0	3	2
Grapes, Fresh	52	0.12	0	0	0.54	0.7
Juice, Apple	60	0	0	0	0	0
Juice Bar, Whole Fruit	40	0	0	0	0	2
Juice, Fruit Blend	60	0	0	0	0	0
Juice, Orange	60	0	0	0	<1	0
Lettuce, Shredded	4	0	0	0	0.3	0.5
Nectarines, small	57	0.4	0	0	1.37	2.2
Oven Fries	180	7	0.5	0	3	3
Oranges, Mandarin	80	0	0	0	1	1
Peaches, (canned)	90	0	0	0	1	1
Peaches, Fruit Cup	117	0.16	0.2	0	0.8	2.25
Peaches, Small Fresh	51	0.33	0	0	1.2	1.9
Pears, (canned)	80	0	0	0	0.2	2
Pears, Fresh	47	0	0	0	0.3	2.5
Peas, black-eyed	120	1	0.5	0	7	6
Peas, Green	70	0	0	0	4	4
Pineapple (canned)	80	0	0	0	1	2
Potatoes, Mashed	76	1	0.1	0.3	1.5	1.3
Salad, Tossed	7	0	0	0	0.5	0.6
Strawberries, Fresh	25	0.23	0	0	0.5	1.5
Tator Tots	160	8	2	0	2	2
Vegetables, Mixed	50	0.5	0	0	2	2
Watermelon	23	0.1	0	0	0.47	0.3
Revised August 26, 2009						