

Fruit & Vegetable Nutrition Facts Chart

Search the chart below for 5 A Day serving size information as well as calories, dietary fiber, vitamin A, vitamin C, potassium, and folate content for more than 100 fruits, vegetables, and 100% juices commonly found in U.S. supermarkets. Nutrient data were obtained from the USDA Nutrient Database for Standard Reference (SR17).

	5 A Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A International Units	Vitamin C milligrams	Potassium milligrams	Folate micrograms
Acorn squash, baked	½ cup, cubed	102	107	4.5	439	11	448	20
Apples	1 medium	138	72	3.3	75	6	148	4
Apple juice	¼ cup juice	186	87	0.2	2	2	221	0
Apple juice with added vitamin C	¼ cup juice	186	87	0.2	2	77	221	0
Apricots, fresh	2 medium	70	34	1.4	1348	7	181	6
Apricots, canned, in juice	½ cup	122	59	2.0	2063	6	201	2
Apricots, dried	¼ cup	33	78	2.4	1171	0	378	3
Artichokes, cooked	1 medium	120	60	6.5	212	12	425	61
Artichoke hearts, canned	½ cup	84	42	4.5	149	8	297	43
Arugula	1 cup	20	5	0.3	475	3	74	19
Asian Pears	1 medium	122	51	4.4	0	5	148	10
Asparagus, raw	5 medium spears	80	16	1.7	605	5	162	42
Asparagus, cooked	5 medium spears	75	16	1.5	754	6	168	112
Avocado, California	1/5 medium	35	58	2.4	51	3	175	31
Bananas	1 medium	118	105	3.1	76	10	422	24
Beets, cooked	½ cup, sliced	85	37	1.7	30	3	259	68
Beet greens, cooked	½ cup	72	19	2.1	5511	18	654	10
Bell peppers, sweet, green	½ cup, chopped	75	15	1.3	276	60	130	8
Bell peppers, sweet, red	½ cup, chopped	75	19	1.5	2333	142	157	13
Bell peppers, sweet, yellow	½ cup, chopped	75	20	0.7	150	138	159	20
Blackberries, fresh	½ cup	72	31	3.8	154	15	117	18

	5 A Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A International Units	Vitamin C milligrams	Potassium milligrams	Folate micrograms
Blackberries, frozen	½ cup	76	48	3.8	86	2	106	26
Blueberries, fresh	½ cup	73	41	1.7	39	7	56	4
Blueberries, frozen	½ cup	78	40	2.1	36	2	42	5
Bok choy, raw	1 cup, chopped	70	9	0.7	3128	32	176	46
Bok choy, cooked	½ cup, chopped	85	10	0.8	3612	22	315	35
Boysenberries	½ cup	66	33	3.5	44	2	92	42
Broccoli, raw	½ cup chopped	44	15	1.1	290	40	139	28
Broccoli, cooked	½ cup chopped	78	27	2.6	1534	51	229	84
Brussels sprouts, cooked	½ cup, about 4 sprouts	78	28	2.0	604	48	247	47
Butternut squash, baked	½ cup	103	41	3.2	11434	16	291	19
Cabbage, green, raw	1 cup, chopped	89	21	2.0	152	29	219	38
Cabbage, green, cooked	½ cup	75	16	1.4	105	15	73	15
Cabbage, red, cooked	1 cup, chopped	89	28	1.9	993	51	216	16
Cabbage, red, raw	½ cup	75	22	1.9	25	8	196	18
Cantaloupe	½ cup, cubed	80	27	0.7	2706	30	214	17
Carambola (a.k.a. star fruit)	1 medium	91	28	2.5	56	31	121	11
Carrots, raw	1 medium	61	25	1.7	7342	4	195	12
Carrots, cooked	½ cup, sliced	78	27	2.3	13418	3	183	11
Carrots, baby, raw	8 medium	80	28	1.4	11032	7	190	26
Cauliflower, green, raw	½ cup, chopped	32	10	1.0	50	28	96	18
Cauliflower, green, cooked	½ cup, chopped	62	20	2.0	87	45	172	25
Cauliflower, white, raw	½ cup, chopped	50	12	1.2	6	23	152	28

	5 A Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A International Units	Vitamin C milligrams	Potassium milligrams	Folate micrograms
Cauliflower, white, cooked	½ cup, chopped	62	14	1.7	7	28	88	27
Celery, raw	2 medium stalks	80	11	1.3	359	3	208	29
Chayote, cooked	½ cup, chopped	80	19	2.2	38	6	138	14
Cherimoya	½ cup	78	58	1.8	0	9	210	14
Cherries	½ cup (about 10 cherries)	73	46	1.5	46	5	161	3
Cherry tomatoes	½ cup (about 5 tomatoes)	75	13	0.9	621	10	177	11
Chile peppers, green, raw	½ cup, chopped	75	30	1.1	884	182	255	17
Chile peppers, red, raw	½ cup, chopped	75	30	1.1	714	108	242	17
Collard greens, cooked	½ cup, chopped	95	25	2.7	7708	17	110	88
Corn, yellow, cooked	½ cup	82	89	2.3	216	5	204	38
Corn, white, cooked	½ cup	82	89	2.2	2	5	204	38
Corn-on-the-cob, yellow, cooked	Kernels from 1 medium cob	63	59	1.8	146	3	158	20
Corn-on-the-cob, white, cooked	Kernels from 1 medium cob	63	59	1.3	3	3	158	20
Cranberries, raw	½ cup whole berries	48	22	2.2	28	6	40	0
Cranberries, dried, sweetened	½ cup	30	92	1.7	0	0	12	0
Cucumbers	½ cup, sliced	52	8	0.3	55	2	76	4
Currants, dried	½ cup	36	102	2.4	26	2	321	4
Dates	5 dates	42	117	3.3	4	0	272	8
Eggplant, cooked	½ cup, cubed	50	17	1.2	18	1	61	7
Endive, raw	1 cup, chopped	50	8	1.6	1084	3	157	71
Figs, raw	2 medium	100	74	2.9	142	2	232	6

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Figs, dried	½ cup (about 4 figs)	38	93	3.7	4	1	253	3
Grape juice, purple, unsweetened	¼ cup juice	190	116	0.2	15	0	250	6
Grapefruit, pink	½ medium	128	41	1.4	1187	44	178	13
Grapefruit, white	½ medium	118	39	1.3	39	40	175	12
Grapefruit juice, pink or red, unsweetened	½ cup	185	72	0.3	815	70	300	19
Grapefruit juice, white, unsweetened	½ cup	185	72	0.2	61	71	300	19
Grapes, green (-15 grapes)	½ cup	77	53	0.7	51	8	147	2
Green beans, raw	½ cup	55	17	1.9	380	9	115	20
Green beans, cooked	½ cup	63	22	2.0	438	6	91	21
Guava	1 fruit	55	37	3.0	343	126	229	27
Honeydew melon	½ cup, cubed	89	32	0.7	44	16	202	17
Jalepeño peppers, raw	½ cup, sliced	45	14	1.3	360	20	97	21
Jicama	½ cup, sliced	60	23	2.9	13	12	90	7
Kale, cooked	½ cup, chopped	65	18	1.3	8854	27	148	8
Kiwifruit	1 large	91	56	3.1	159	68	302	35
Lemons	1 medium	58	17	1.6	13	31	80	6
Lettuce, Bibb (a.k.a. Boston)	1 cup, shredded	55	7	0.6	1822	2	131	40
Lettuce, iceberg	1 cup, shredded	72	10	0.9	361	2	102	21
Lettuce, green leaf	1 cup, shredded	34	5	0.5	2666	7	70	14
Lettuce, red leaf	1 cup, shredded	28	4	0.3	2098	1	52	10
Lettuce, Romaine	1 cup, shredded	47	8	1.0	2729	11	116	64