



# Fruits Calories

Food Item	Portion	Calories	Fiber	Color
Apricot	5 whole	85	4	Orange
Avocado	¼ average fruit	80	2	Yellow/Green
Blackberries	1 cup	75	8	Red/Purple
Blueberries	1 cup	110	5	Red/Purple
Cantaloupe	½ medium	80	2	Orange
Cherries	1 cup	85	3	Red/Purple
Cranberries	1 cup raw	60	5	Red/Purple
Cranberry Juice	2/3 cup	100	0	Red/Purple
Cranberry Sauce	1/4 cup	100	1	Red/Purple
Grape Juice	2/3 cup	100	0	Red/Purple
Grapes	1 cup	115	2	Red/Purple
Honeydew	¼ large melon	100	2	Yellow/Green
Kiwi	1 large	55	3	Yellow/Green
Mango	½ large	80	3	Orange
Nectarine	1 large	70	2	Orange/yellow
Orange	1 large	85	4	Orange/yellow
Orange Juice	2/3 cup	75	0	Orange/yellow
Papaya	1/2 large	75	3	Orange/yellow
Peach	1 large	70	3	Orange/yellow
Peach Nectar	2/3 cup	90	1	Orange/yellow
Pineapple	1 cup, diced	75	2	Orange/yellow
Pink grapefruit	1 whole fruit	75	3	Red
Pink grapefruit juice	1 cup	95	0	Red
Plums	3 small	100	3	Red/Purple
Prunes	5 whole	100	3	Red/Purple
Red Apple	1 medium	100	4	Red/Purple
Red pear	1 medium	100	4	Red/Purple
Red Wine	4 oz. glass	80	0	Red/Purple
Strawberries	1 1/2 cups, sliced	75	6	Red/Purple
Tangerine	2 medium	85	5	Orange/yellow
Tangerine Juice	2/3 cup	75	0	Orange/yellow
Watermelon	1 cup balls	50	1	Red