

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).

Fruit or Vegetable	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	¾ cup juice	186	87	0.2	2	2	221	0
Apple juice, with added vitamin C	¾ 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

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Find more information on fruits, vegetables, and nutrition at www.dole5aday.com.