

# Fruits



## Nutrition Facts

Raw, edible weight portion.  
Percent Daily Values (%DV) are  
based on a 2,000 calorie diet.

Fruits Serving Size (gram weight/ounce weight)	Calories	Calories from Fat		Sodium	Potassium	Total Carbohydrate		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
		Total Fat	Dietary Fiber										
		g	mg	mg	g	g	g	g	%DV	%DV	%DV	%DV	
		%DV	%DV	%DV	%DV	%DV	%DV						
<b>Apple</b> 1 large (242 g/8.6 oz)	130	0	0	260	34	5	20	25g	1g	2%	8%	2%	2%
<b>Avocado</b> California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	0	140	3	1	0g	1g	0%	4%	0%	2%
<b>Banana</b> 1 medium (126 g/4.5 oz)	110	0	0	450	30	3	12	19g	1g	2%	15%	0%	2%
<b>Cantaloupe</b> 1/4 medium (134 g/4.8 oz)	50	0	0	240	12	1	4	11g	1g	120%	80%	2%	2%
<b>Grapefruit</b> 1/2 medium (154 g/5.5 oz)	60	0	0	160	15	2	8	11g	1g	35%	100%	4%	0%
<b>Grapes</b> 3/4 cup (126 g/4.5 oz)	90	0	0	240	23	1	4	20g	0g	0%	2%	2%	0%
<b>Honeydew Melon</b> 1/10 medium melon (134 g/4.8 oz)	50	0	0	210	12	1	4	11g	1g	2%	45%	2%	2%
<b>Kiwifruit</b> 2 medium (148 g/5.3 oz)	90	10	1	450	20	4	16	13g	1g	2%	240%	4%	2%
<b>Lemon</b> 1 medium (58 g/2.1 oz)	15	0	0	75	5	2	8	2g	0g	0%	40%	2%	0%
<b>Lime</b> 1 medium (67 g/2.4 oz)	20	0	0	75	7	2	8	0g	0g	0%	35%	0%	0%
<b>Nectarine</b> 1 medium (140 g/5.0 oz)	60	5	0.5	250	15	2	8	11g	1g	8%	15%	0%	2%
<b>Orange</b> 1 medium (154 g/5.5 oz)	80	0	0	250	19	3	12	14g	1g	2%	130%	6%	0%
<b>Peach</b> 1 medium (147 g/5.3 oz)	60	0	0.5	230	15	2	8	13g	1g	6%	15%	0%	2%
<b>Pear</b> 1 medium (166 g/5.9 oz)	100	0	0	190	26	6	24	16g	1g	0%	10%	2%	0%
<b>Pineapple</b> 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	120	13	1	4	10g	1g	2%	50%	2%	2%
<b>Plums</b> 2 medium (151 g/5.4 oz)	70	0	0	230	19	2	8	16g	1g	8%	10%	0%	2%
<b>Strawberries</b> 8 medium (147g/5.3 oz)	50	0	0	170	11	2	8	8g	1g	0%	160%	2%	2%
<b>Sweet Cherries</b> 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	350	26	1	4	16g	1g	2%	15%	2%	2%
<b>Tangerine</b> 1 medium (109 g/3.9 oz)	50	0	0	160	13	2	8	9g	1g	6%	45%	4%	0%
<b>Watermelon</b> 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	270	21	1	4	20g	1g	30%	25%	2%	4%

Most fruits provide negligible amounts of saturated fat, *trans* fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

U.S. Food and Drug Administration  
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