

## 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).

<b>Fruit or Vegetable</b>	<b>5 A Day Serving Size</b>	<b>Weight grams</b>	<b>Calories</b>	<b>Fiber grams</b>	<b>Vitamin A International Units</b>	<b>Vitamin C milligrams</b>	<b>Potassium milligrams</b>	<b>Folate micrograms</b>
<b>Acorn squash, baked</b>	½ cup, cubed	102	107	4.5	439	11	448	20
<b>Apples</b>	1 medium	138	72	3.3	75	6	148	4
<b>Apple juice</b>	¾ cup juice	186	87	0.2	2	2	221	0
<b>Apple juice, with added vitamin C</b>	¾ cup juice	186	87	0.2	2	77	221	0
<b>Apricots, fresh</b>	2 medium	70	34	1.4	1348	7	181	6
<b>Apricots, canned, in juice</b>	½ cup	122	59	2.0	2063	6	201	2
<b>Apricots, dried</b>	¼ cup	33	78	2.4	1171	0	378	3
<b>Artichokes, cooked</b>	1 medium	120	60	6.5	212	12	425	61
<b>Artichoke hearts, canned</b>	½ cup	84	42	4.5	149	8	297	43
<b>Arugula</b>	1 cup	20	5	0.3	475	3	74	19
<b>Asian Pears</b>	1 medium	122	51	4.4	0	5	148	10
<b>Asparagus, raw</b>	5 medium spears	80	16	1.7	605	5	162	42
<b>Asparagus, cooked</b>	5 medium spears	75	16	1.5	754	6	168	112
<b>Avocado, California</b>	1/5 medium	35	58	2.4	51	3	175	31
<b>Bananas</b>	1 medium	118	105	3.1	76	10	422	24
<b>Beets, cooked</b>	½ cup, sliced	85	37	1.7	30	3	259	68
<b>Beet greens, cooked</b>	½ cup	72	19	2.1	5511	18	654	10
<b>Bell peppers, sweet, green</b>	½ cup, chopped	75	15	1.3	276	60	130	8
<b>Bell peppers, sweet, red</b>	½ cup, chopped	75	19	1.5	2333	142	157	13
<b>Bell peppers, sweet, yellow</b>	½ cup, chopped	75	20	0.7	150	138	159	20
<b>Blackberries, fresh</b>	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](http://www.dole5aday.com).