

# Fruits



## APPLE



### How to Select

Choose firm, shiny, smooth skinned fruit with no bruises, stem intact. Should smell fresh, not musty.

### How to Store

Refrigerate in plastic bag away from strong-odored foods. Use within 3 weeks.

Serving Size 1 large apple (242g)	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## FIG, DRIED



### How to Select

Avoid darkened or moldy figs.

### How to Store

Stored unopened dried figs for up to 6 months. Once opened, store in airtight containers. May be refrigerated.

Serving Size 2 figs (38g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 25g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## AVOCADO



### How to Select

Choose avocados with firm skin and no soft spots, firm but yielding to gentle pressure when ripe.

### How to Store

Store unripe avocados in paper bag at room temperature. Refrigerate when ripe for 2-3 days.

Serving Size 1/5 medium (30g)	
Amount Per Serving	
Calories 50	Calories from Fat 35
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 1g	
Vitamin A 0%	Vitamin C 4%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower	

## GRAPEFRUIT



### How to Select

Choose grapefruits with thin, smooth, firm blemish free skins that are heavy for their size.

### How to Store

Store grapefruits at room temperature for 1 week or under refrigeration for 2 to 3 weeks.

Serving Size ½ medium grapefruit (154g)	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 35%	Vitamin C 100%
Calcium 4%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## BANANA



### How to Select

Choose bananas with slight green on stem and tip. They should be firm, without bruises. Ripens after harvest.

### How to Store

Store unripe bananas at room temperature. Store ripe bananas in refrigerator for up to two weeks; skin may turn black.

Serving Size 1 medium banana (126g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 19g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## GRAPES



### How to Select

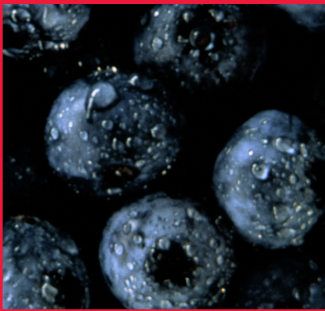
Choose plump, firm grapes that are firmly attached to the stem.

### How to Store

Store grapes in a plastic bag in the refrigerator for up to 1 week.

Serving Size 3/4 cup (126g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 0g	

## BLUEBERRIES



### How to Select

Choose firm, plump, dry blueberries with dusty blue color and uniform in size.

### How to Store

Refrigerate blueberries for 10 days to 14 days.

Serving Size 1 cup (140g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	14%
Sugars 11g	
Protein 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## HONEYDEW



### How to Select

Choose well shaped honeydew melons that are nearly spherical. Should have a waxy, not fuzzy surface and feel heavy for size.

### How to Store

Store honeydew melons at room temperature. Once cut, store in refrigerator for up to 2 weeks.

Serving Size 1/10 medium melon (134g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 2%	Vitamin C 45%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## CANTALOUPE



### How to Select

Choose fragrant, symmetrical cantaloupes, heavy for size with no visible bruises and yellow or cream undertone. Stem end should give to gentle pressure.

### How to Store

Store uncut cantaloupes at room temperature for up to 1 week. Refrigerate cut melon in airtight container up to 5 days.

Serving Size 1/4 medium melon (134g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 11g	
Protein 1g	
Vitamin A 120%	Vitamin C 80%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## KIWIFRUIT



### How to Select

Choose slightly firm kiwifruits with a rough, fuzzy skin.

### How to Store

Store un-ripened kiwifruits in plastic bags under refrigeration for up to 6 weeks.

Serving Size 2 medium kiwifruit (148g)	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 20g	7%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 1g	
Vitamin A 2%	Vitamin C 240%
Calcium 4%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## CHERRIES



### How to Select

Select firm, red cherries with stems attached. Avoid soft, shriveled or blemished cherries.

### How to Store

Refrigerate cherries for up to 10 days.

Serving Size 1 cup (21 cherries) (140g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 16g	
Protein 1g	
Vitamin A 2%	Vitamin C 15%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	

## LEMON



### How to Select

Choose lemons with firm, thin, smooth skin, heavy for size.


### How to Store

Refrigerate lemons for up to 2 weeks.

Serving Size 1 medium lemon (58g)	
Amount Per Serving	
Calories 15	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 0g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 0%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	



LIME



How to Select

Choose limes with smooth, shiny skin, heavy for size.

How to Store


Refrigerate limes for up to 2 weeks.

Serving Size 1 medium (67g)

Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 35%
Calcium 0%	Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PLUM



How to Select

Choose plump plums with smooth skins. Avoid bruises and soft spots.

How to Store


Store unripe plums in paper bag until ripe. Refrigerate ripe plums.

Serving Size 2 medium (151g)

Amount Per Serving	
Calories 70	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 1g	
Vitamin A 8%	Vitamin C 10%
Calcium 0%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

MANGO



How to Select

Choose slightly firm mangos with sweet aroma. Avoid sap on skin.

How to Store


Store mangos at room temperature 1-2 days. Refrigerate peeled, cut mangos.

Serving Size ½ mango (104g)

Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 15g	
Protein 0g	
Vitamin A 40%	Vitamin C 15%
Calcium 0%	Iron 0%

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PLUM, DRIED



How to Select

Avoid darkened or moldy plums.

How to Store


Store unopened containers at room temperature. Refrigerate after opening.

Serving Size 5 dried plums (prunes) (42g)

Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 1g	
Vitamin A 10%	Vitamin C 2%
Calcium 2%	Iron 4%

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NECTARINE



How to Select

Choose firm nectarines with smooth skin.

How to Store


Store unripe nectarines in paper bag until ripe, then store at room temperature for use within 2-3 days.

Serving Size 1 medium (140g)

Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 1g	
Vitamin A 8%	Vitamin C 15%
Calcium 0%	Iron 2%

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RAISINS



How to Select

Avoid darkened or moldy raisins.

How to Store


Store unopened containers of raisins at room temperature. Refrigerate after opening.

Serving Size 1/4 cup (40g)

Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	9%
Sugars 29g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

ORANGE



How to Select

Choose oranges with firm, smooth skins, heavy for size.

How to Store


Store oranges at room temperature for 1-2 days. Refrigerate for 1-2 weeks.

Serving Size 1 medium orange (154g)

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 14g	
Protein 1g	
Vitamin A 2%	Vitamin C 130%
Calcium 6%	Iron 0%

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RASPBERRIES



How to Select

Choose dry, plump, firm raspberries. Avoid wet or moldy berries.

How to Store


Do not wash raspberries until ready to eat. Refrigerate for use within 1-2 days.

Serving Size 1 cup (125g)

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 8g	32%
Sugars 12g	
Protein 1g	
Vitamin A 0%	Vitamin C 40%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PEACH



How to Select

Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Avoid blemishes.

How to Store

Store unripe peaches in paper bag. When ripe, store at room temperature for use within 1-2 days.

Serving Size 1 medium peach (147g)

Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 13g	
Protein 1g	
Vitamin A 6%	Vitamin C 15%
Calcium 0%	Iron 2%

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STRAWBERRIES



How to Select

Choose shiny, firm strawberries with a bright red color. Caps should be fresh, green and intact. Avoid shriveled, mushy or leaky berries.

How to Store


Do not wash strawberries until ready to eat. Store in refrigerator for 1-3 days.

Serving Size 8 medium berries (147g)

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 0%	Vitamin C 160%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

PEAR



How to Select

Chose firm pears, then “Check the Neck for Ripeness”™ daily by applying gentle pressure to the stem end of the pear with your thumb. When it yields to the pressure, it’s ready to eat.

How to Store

Store unripened pears in paper bag at room temperature. Refrigerate ripe pears.

Serving Size 1 medium (166g) Servings Per Container

Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 6g	24%
Sugars 16g	
Protein 1g	

TANGERINE



How to Select

Choose firm to semi-soft tangerines with deep orange color, heavy for size. Avoid soft spots and dull or brown color.

How to Store


Refrigerate tangerines for up to 2 weeks.

Serving Size 1 medium (109g)

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Vitamin C 45%
Calcium 4%	Iron 0%

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PINEAPPLE



How to Select

Choose pineapples with dark green leaves, heavy for size. Avoid soft or dark spots and dry-looking leaves.

How to Store


Eat as soon as possible. Refrigerate cut pineapple for 2-3 days.

Serving Size 2 slices, 3" diameter, 3/4" thick

Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 50%
Calcium 2%	Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

WATERMELON



How to Select

Choose symmetrical watermelons with dried stems and yellowish undersides, heavy for size.

How to Store

Store whole watermelons at room temperature. Refrigerate cut watermelons in airtight container for use within 5 days.

Serving Size 2 cups diced pieces, 1/18 medium melon (280g)

Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 20g	
Protein 1g	
Vitamin A 30%	Vitamin C 25%
Calcium 2%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.