What's in a 1/2 Cup* of FRUIT?

Raw, edible portions. Percent Daily Values (%DV) are based on a 2000 calorie diet.

FRUITS	Total Calories #	Total Fat g	%DV	Calories from Fat #	Carbohydrate g	%DV	Dietary Fiber g	%DV	Sugars g	Protein g	Vitamin A %DV	Vitamin C %DV	Folate %DV	Sodium mg	%DV	Potassium mg	%DV	Calcium mg	%DV	Iron mg	%DV	Magnesium mg	%DV
Apple	33	<.5	0	1	9	3	2	6	6	0	1	5	0	1	0	67	2	4	0	0	0	3	1
Avocado	120	11	17	99	6	2	5	20	0	2	2	13	15	5	0	364	10	9	1	<.5	2	22	5
Banana	67	<.5	0	2	17	6	2	8	9	1	1	11	4	1	0	269	8	4	0	<.5	1	20	5
Blueberries	42	<.5	0	2	11	4	2	7	7	1	1	12	1	1	0	57	2	4	0	<.5	1	4	1
Cantaloupe	27	<.5	0	1	7	2	1	3	6	1	54	49	4	13	1	214	6	7	1	<.5	1	10	2
Cherries	46	<.5	0	1	12	4	2	6	9	1	1	8	1	0	0	161	5	9	1	<.5	1	8	2
Fig, dried	186	1	1	6	48	16	7	29	36	2	0	1	2	7	0	507	14	121	12	2	8	51	13
Fig, fresh (1 large)	47	<.5	0	2	12	4	2	7	10	0	2	2	1	1	0	148	4	22	2	<.5	1	11	3
Grapefruit	38	<.5	0	1	10	3	1	5	8	1	1	64	3	0	0	170	5	14	1	0	0	10	3
Grapes	55	<.5	0	1	14	5	1	3	12	1	1	14	0	2	0	153	4	8	1	<.5	2	6	1
Guava	56	1	1	7	12	4	4	18	7	2	10	314	10	2	0	344	10	15	1	<.5	1	18	5
Honeydew	31	<.5	0	1	8	3	1	3	7	0	1	26	4	15	1	194	6	5	1	<.5	1	9	2
Kiwifruit	54	<.5	1	4	13	4	3	11	8	1	n/a	138	0	3	0	278	8	30	3	<.5	2	15	4
Kumquat (6 medium)	81	1	2	9	18	6	7	30	11	2	7	83	5	11	0	212	6	71	7	1	5	23	6
Lemon (sections)	31	<.5	0	3	10	3	3	12	3	1	0	94	3	2	0	146	4	28	3	1	4	8	2
Lime (1 medium)	20	<.5	0	1	7	2	2	8	1	0	1	33	1	1	0	68	2	22	2	<.5	2	4	1
Mango	54	<.5	0	2	14	5	1	6	12	0	13	38	3	2	0	129	4	8	1	<.5	1	7	2

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FRUITS	Total Calories	Total Fat	Calories from Fat	Carbohydrate	Dietary Fiber	Sugars	Protein	Vitamin A	Vitamin C	Folate	Sodium	Potassium	Calcium	Iron	Magnesium
	#	g %DV	#	g %DV	g %DV	g	g	%DV	%DV	%DV	mg %DV	mg %DV	mg %DV	mg %DV	mg %DV
Nectarine	31	<.5 0	2	8 3	1 5	6	1	5	6	1	0 0	144 4	4 0	<.5 1	6 2
Orange	42	<.5 0	1	11 4	2 9	8	1	4	80	7	0 0	163 5	36 4	<.5 1	9 2
Papaya	27	<.5 0	1	7 2	1 5	4	0	15	72	7	2 0	180 5	17 2	0 0	7 2
Peach	30	<.5 0	2	7 2	1 6	6	1	8	0	0	0 0	146 4	5 0	<.5 1	7 2
Pear	41	<.5 0	1	11 4	2 9	7	0	0	5	1	1 0	83 2	6 1	<.5 1	5 1
Persimmon (1 fruit)	118	<.5 0	3	31 10	6 24	21	1	55	21	3	2 0	270 8	13 1	<.5 1	15 4
Pineapple	39	<.5 0	1	10 3	1 4	8	0	1	62	3	1 0	84 2	10 1	<.5 1	9.3 2
Plum	38	<.5 0	2	9 3	1 5	8	1	6	13	1	0 0	130 4	5 1	<.5 1	5.77 1
Plum, dried	204	<.5 1	3	54 18	6 24	32	2	13	1	1	2 0	622 18	37 4	1 4	35 9
Pomegranate (1/2 fruit)	52	<.5 0	2	13 4	<.5 2	13	1	2	8	1	2 0	199 6	2 0	<.5 1	2 1
Pummelo	36	0 0	0	9 3	1 4	n/a	1	0	97	6	1 0	205 6	4 0	<.5 1	6 1
Raisins (1/2 cup, packed)	247	<.5 1	3	65 22	3 12	49	3	0	3	1	9 0	618 18	41 4	2 9	26 7
Raspberries	32	<.5 1	4	7 2	4 16	3	1	0	27	3	1 0	93 3	15 2	<.5 2	14 3
Star Fruit	17	<.5 0	2	4 1	2 6	2	1	1	31	2	1 0	72 2	2 0	0 0	5 1
Strawberries	27	<.5 0	2	6 2	2 7	4	1	0	81	5	1 0	127 4	13 1	<.5 2	11 3
Tangerine	52	<.5 0	3	13 4	2 7	10	1	13	43	4	2 0	162 5	36 4	<.5 1	12 3
Watermelon	23	<.5 0	1	6 2	<.5 1	5	0	9	10	1	1 0	85 2	5 1	<.5 1	8 2
Wild Blueberries	45	1 1	5	9 3	2 8	5	1	2	23	6	4 0	56 2	10 1	<.5 2	5 1

*Unless otherwise stated
n/a=not available
Fruits contain no cholesterol. Most contain negligible amounts of saturated and trans fats. Advocados contain 1.6g saturated fat in 1/2 cup.

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