



Fruits



Apple



Apple

Nutrition Facts	
1 serving	
Serving size	1 medium
Amount per serving	
Calories	95
	% Daily Value*
Total Fat 8g	0%
Saturated Fat 1g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1.8mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	15%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 11mg	0%
Iron 0.2mg	1%
Potassium 195mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Applesauce



Applesauce

Nutrition Facts	
6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	167
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 4mg	0%
Total Carbohydrate 43g	16%
Dietary Fiber 3g	11%
Total Sugars 36g	
Includes 11g Added Sugars	22%
Protein 0g	
Vitamin D	0%
Calcium 7mg	1%
Iron 0.3mg	2%
Potassium 185mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Avocado



Avocado

Nutrition Facts	
2 servings	
Serving size	1/4 cup
Amount per serving	
Calories	59
	% Daily Value*
Total Fat 6g	7%
Saturated Fat 0.8g	4%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 3mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	9%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 4mg	0%
Iron 0.2mg	1%
Potassium 177mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Banana



Banana

Nutrition Facts	
1 serving	
Serving size	1 medium
Amount per serving	
Calories	105
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 1mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 3g	11%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	10%
Calcium 5mg	0%
Iron 0.3mg	1%
Potassium 422mg	9%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Blueberries



Blueberries

Nutrition Facts	
1 serving	
Serving size	1/2 cup
Amount per serving	
Calories	42
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	6%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 4mg	0%
Iron 0.2mg	1%
Potassium 57mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Cherry Sours



Cherry Sours

Nutrition Facts	
12 servings per container	
Serving size	12 pieces
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 24g	
Includes 24g Added Sugars	48%
Protein 0g	
Vitamin D	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Fruity Worms



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Fruity Worms

Nutrition Facts	
6 servings per container	
Serving size	1 oz.
Amount per serving	
Calories	112
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 12mg	0%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Total Sugars 17g	
Includes 17g Added Sugars	33%
Protein 0g	
Vitamin D	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Cantaloupe



Cantaloupe

Nutrition Facts	
8 servings	
Serving size	1/2 cup
Amount per serving	
Calories	27
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 12mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 0.7g	2%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 7mg	1%
Iron 0mg	0%
Potassium 214mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Medjool Dates



Medjool Dates

Nutrition Facts	
8 servings per container	
Serving size	5 dates
Amount per serving	
Calories	275
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 25mg	1%
Total Carbohydrate 76g	28%
Dietary Fiber 8g	27%
Total Sugars 68g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D	0%
Calcium 50mg	4%
Iron 1mg	5%
Potassium 475mg	10%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Dried Apple Slices



Dried Apple Slices

Nutrition Facts	
8 servings per container	
Serving size	1 oz.
Amount per serving	
Calories	108
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 8mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	12%
Total Sugars 18g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Fruit Strips



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Fruit Strips

Nutrition Facts	
2 servings per container	
Serving size	1 strip
Amount per serving	
Calories	77
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 54mg	2%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 0g	
Vitamin D	0%
Calcium 5mg	0%
Iron 0.1mg	1%
Potassium 48mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Grapes



Grapes

Nutrition Facts	
3 servings per cluster	
Serving size	1 cup
Amount per serving	
Calories	103
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 3mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 1.4g	5%
Total Sugars 23g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 15mg	1%
Iron 0.5mg	3%
Potassium 287mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Berry-Flavored Juice



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Berry-Flavored Juice

Nutrition Facts	
2 servings per 16 oz. bottle	
Serving size	1 cup
Amount per serving	
Calories	159
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 89mg	4%
Total Carbohydrate 40g	14%
Dietary Fiber 0g	0%
Total Sugars 39g	
Includes 39g Added Sugars	79%
Protein 0g	
Vitamin D	0%
Calcium 7mg	0%
Iron 0mg	0%
Potassium 77mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Orange Juice



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Orange Juice

Nutrition Facts	
8 servings per 32 oz. container	
Serving size	1 cup
Amount per serving	
Calories	112
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 2mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 0.5g	2%
Total Sugars 21g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	0%
Calcium 27mg	2%
Iron 0.5mg	3%
Potassium 496mg	11%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Orange-Flavored Beverage



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Orange-Flavored Beverage

Nutrition Facts	
1 serving per 8 oz. bottle	
Serving size	1 cup
Amount per serving	
Calories	134
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 151mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 0g	0%
Total Sugars 30g	
Includes 25g Added Sugars	50%
Protein 0g	
Vitamin D	0%
Calcium 7mg	1%
Iron 0.6mg	3%
Potassium 303mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Mango



Mango

Nutrition Facts	
2 servings	
Serving size	1/2 cup
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1.3g	5%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 139mg	3%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Orange



Orange

Nutrition Facts	
1 serving	
Serving size	1 orange
Amount per serving	
Calories	62
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 52mg	4%
Iron 0mg	0%
Potassium 237mg	5%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Peach



Peach

Nutrition Facts	
1 serving	
Serving size	1 peach
Amount per serving	
Calories	58
	% Daily Value*
Total Fat g	0%
Saturated Fat g	%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 9mg	0%
Iron 0.4mg	2%
Potassium 48mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Pear



Pear

Nutrition Facts	
1 serving	
Serving size	1 pear
Amount per serving	
Calories	101
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 2mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 6g	20%
Total Sugars 17g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 16mg	1%
Iron 0.3mg	2%
Potassium 206mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Pineapple



Pineapple

Nutrition Facts	
4 servings	
Serving size	1 cup
Amount per serving	
Calories	82
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 2mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D	0%
Calcium 21mg	2%
Iron 0.5mg	3%
Potassium 180mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Raisins



Raisins

Nutrition Facts	
3 servings per 8 oz. bag	
Serving size	1/2 cup
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 20mg	0%
Total Carbohydrate 62g	23%
Dietary Fiber 4g	14%
Total Sugars 58g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D	10%
Calcium 40mg	3%
Iron 2mg	12%
Potassium 620mg	13%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Raspberries



Raspberries

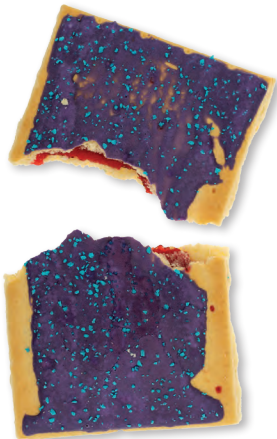
Nutrition Facts	
4 servings per pint	
Serving size	1/2 cup
Amount per serving	
Calories	32
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D	0%
Calcium 15mg	1%
Iron 0.4mg	2%
Potassium 93mg	2%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



Fruits



Fruity Toaster Pastry



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Fruity Toaster Pastry

Nutrition Facts	
6 servings per container	
Serving size	1 pastry
Amount per serving	
Calories	207
	% Daily Value*
Total Fat 5g	7%
Saturated Fat 1g	7%
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 185mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 0.6g	2%
Total Sugars 17g	
Includes 15g Added Sugars	30%
Protein 2g	
Vitamin D	0%
Calcium 12mg	1%
Iron 2mg	10%
Potassium 48mg	1%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	