

**Nutritional Analysis for Fruits & Vegetables at the Secondary Level**

11/21/16

**Fat, Saturated Fat, Fiber, and Carbohydrates are measured in grams and Sodium in milligrams.**

<b>Item</b>	<b>Serving Size</b>	<b>Calories</b>	<b>Fat Grams</b>	<b>Sat. Fat</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Sugars</b>	<b>Fiber</b>
Apple 3" - fresh	1	95	0	0	2	25	19	4
Apple Juice	4 oz	60	0	0	5	14	12	0
Apple (Sliced)	2 oz	30	0	0	0	7	6	1
Applesauce	1/2 cup	50	0	0	15	13	11	2
Baby Carrots uncooked/fresh	6 carrots	21	1	0	47	5	3	2
Baked Beans	1/2 cup	140	1	0	550	29	12	5
Banana 6-7"	1	90	0	0	1	23	12	3
Bean Salad	1/2 cup	218	11	1	542	23	3	6
Broccoli, raw	6 oz.	52	0	0	63	9	3	6
Broccoli, cooked	1/2 cup	20	0	0	13	3	1	1
Broccoli/Cauliflower Mix	6 oz.	19	0	0	23	4	2	2
California Blend Veggies	1/2 cup	17	0	0	20	3	1	1
Carrot Coins	1/2 cup	40	1	0	67	9	4	4
Cauliflower	6 oz.	19	0	0	23	5	2	2
Celery Sticks	4 sticks	6	0	0	33	1	0	1
Coleslaw	4 oz	98	5	1	136	13	10	2
Corn - from frozen	1/2 cup	67	1	0	1	16	3	2
Cucumbers	4 oz	4	0	0	0	1	0	0
Fiesta Corn	4 oz	79	1	0	251	16	2	3
Grape Juice	4 oz	80	0	0	10	19	18	0
Grapefruit	1/2 half	20	0	0	0	5	4	1
Grapes	1/2 cup	60	0	0	10	15	13	1
Garbanzo Beans	1/2 cup	90	1	0	310	16	0	5
Green Beans - from frozen	1/2 cup	24	0	0	0	5	2	2
Kiwi	4 pieces	50	1	0	0	12	8	2
Lettuce/Romaine Ribbons	1 cup	10	0	0	0	2	0	1
Mandarin Oranges/canned	1/2 cup	90	0	0	10	20	19	0
Mixed Fruit/canned	1/2 cup	80	0	0	5	18	15	1
Orange Juice	4 oz	60	0	0	0	14	12	0
Orange Wedges - fresh	1 orange	45	0	0	0	11	9	2
Oriental Blend Vegetables	4 oz	17	0	0	8	3	1	1
Peaches/canned/light syrup	1/2 cup	50	0	0	5	12	10	0
Pear - fresh	1	95	0	0	2	25	16	5
Pears/canned/light syrup	1/2 cup	80	0	0	5	20	14	2
Peas - from frozen	1/2 cup	63	0	0	90	11	4	4
Pineapple/canned	1/2 cup	74	0	0	0	19	16	1
Prince Charles Vegetables	1/2 cup	23	0	0	13	3	1	1
Raisins/boxed	1 box	112	0	0	4	30	22	1

Seasonal Fresh Fruit Mix	1/2 cup	97	0	0	6	24	21	1
Slushy 100% Fruit Blue Rasp	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Blue Rasp Snow	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Cherry Snow	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Lemon Lime	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Orange	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Rasp. Lemonade	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Sour Apple	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Strawberry	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Strawb Kiwi	4 oz	60	0	0	8	15	15	0
Slushy 100% Fruit Trop. Blue Punch	4 oz	60	0	0	8	15	15	0
Spinach, fresh	1 cup	6	0	0	25	1	0	1
Tropical Fruit Mix (canned)	1/2 cup	80	0	0	0	20	19	1
Tropical Fruit Mix with Coconut	1/2 cup	104	1	0	1	25	22	2
Watermelon	1/2 cup	23	0	0	1	6	5	0
Watermelon/Cantaloupe Mix	1/2 cup	73	0	0	10	19	16	1
Winter Fruit Salad	1/2 cup	95	0	0	6	23	20	1

**\*Notice: The data contained within this report should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**