

Fruit and Vegetable Nutrition Chart

Fruit or Vegetable	5-A-Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A (IU)	Vitamin C mg	Potassium mg	Folate mcg
Parsnips, <i>cooked</i>	1/2 cup sliced	78	55	2.8	0	10	286	45
Peaches	1 medium	98	38	1.5	319	7	186	4
Pears	1 medium	166	96	5.1	38	7	198	12
Peas, <i>cooked</i>	1/2 cup	80	67	4.4	641	11	217	50
Persimmons, <i>Japanese-style</i>	1/2 medium	168	118	6	2733	13	270	13
Pineapple, <i>fresh varieties</i>	1/2 cup, chopped	78	37	1.1	43	28	89	12
Pineapple, <i>fresh, extra sweet varieties</i>	1/2 cup, diced	78	40	1.1	44	44	84	15
Pineapple, <i>canned, in its own juices</i>	1/2 cup, chunks	91	54	1.2	45	9	112	5
Pineapple juice, <i>canned without added vitamin C</i>	3/4 cup juice	188	99	0.4	9	19	244	34
Pineapple juice, <i>with added vitamin C</i>	3/4 cup juice	188	99	0.4	9	82	244	34
Plantains, <i>cooked</i>	1/2 cup slices	77	89	1.8	700	8	358	20
Plums	2 medium plum	132	61	1.8	455	13	207	7
Plums, <i>dried (prunes)</i>	1/4 cup	43	102	3	332	0	311	2
Pomegranates	1 medium	154	105	0.9	166	9	399	9
Potatoes, <i>baked, flesh and skin</i>	1/2 cup	61	57	1.3	6	6	326	17
Potatoes, <i>baked, flesh only skin</i>	1/2 cup	61	57	0.9	0	8	239	5
Prune juice	3/4 cup	192	136	1.9	6	8	530	0
Pummelo	1/2 cup, slices	95	36	0.9	8	58	205	0
Pumpkin, <i>canned</i>	1/2 cup	123	42	3.6	19065	5	252	15
Pumpkin, <i>cooked from fresh</i>	1/2 cup, boiled	123	24	1.3	6115	6	282	11
Quince	medium	92	52	1.7	37	14	181	3
Radicchio, <i>raw</i>	1 cup, shredded	40	9	0.4	11	3	121	24
Radishes	1/2 cup sliced,	58	9	0.9	4	9	135	14
Raisins, <i>seedless</i>	1/4 cup	41	123	1.5	0	1	309	2
Raspberries	1/2 cup	62	32	4	20	16	93	13
Rhubarb, <i>raw</i>	1 cup, diced	122	26	2.2	124	10	351	9
Rutabagas, <i>cooked</i>	1/2 cup, mashed	170	25	1.8	1	18	236	15
Shallots, <i>raw</i>	1/2 cup, chopped	80	58	1.2	952	6	267	27
Snow pea pods, <i>raw</i>	1 cup whole	63	26	1.6	685	38	126	26

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Snow pea pods, <i>cooked</i>	1/2 cup, whole	80	34	2.2	824	38	192	23
Spinach, <i>raw</i>	1 cup packed leaves	30	7	0.7	2813	8	167	58
Spinach, <i>cooked</i>	1/2 cup	90	21	2.2	9433	9	419	131
Strawberries, <i>fresh</i>	1/2 cup, sliced	83	27	1.7	10	49	127	20
Strawberries, <i>fresh</i>	1/2 cup, whole	72	23	1.4	9	42	110	17
Strawberries, <i>frozen</i>	1/2 cup, whole	75	26	1.6	34	31	110	13
Sweet Potatoes, <i>raw</i>	1/2 cup, sliced	67	57	2	9434	2	224	7
Sweet Potatoes, <i>baked</i>	1/2 cup, mashed	100	76	2.5	15740	13	230	6
Swiss chard, <i>cooked</i>	1/2 cup, chopped	88	18	1.8	5358	16	480	8
Sun-dried tomatoes	1/4 cup	14	35	1.7	118	5	463	9
Tangerines	1 medium	84	45	1.5	572	22	139	13
Tomatoes, <i>orange</i>	1 medium	111	18	1	1661	18	235	32
Tomatoes, <i>red, cooked</i>	1 medium	123	22	0.9	601	28	268	16
Tomatoes, <i>yellow</i>	1 medium	212	32	1.5	0	19	547	64
Turnips, <i>cooked</i>	1/2 cup, mashed	115	25	2.3	0	13	204	10
Watercress	1 cup	34	4	0.2	1598	15	112	3
Watermelon	1/2 cup, cubed	77	23	0.3	438	6	86	2
Yam, <i>cooked</i>	1/2 cup cubed	68	79	2.7	83	8	456	11
Yellow snap beans, <i>raw</i>	1/2 cup	55	17	1.9	59	9	115	20
Yellow snap beans, <i>cooked</i>	1/2 cup	63	22	2.1	51	6	187	21
Zucchini squash, <i>raw</i>	1/2 cup sliced	57	9	0.6	113	10	148	16
Zucchini squash, <i>cooked</i>	1/2 cup sliced	90	14	1.3	1005	4	228	15

For more information contact
Pinellas County Extension
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Acorn squash, <i>baked</i>	1/2 cup, cubed	103	57	4.5	439	11	448	19
Apples	1 medium	138	72	3.3	75	6	148	4
Apple juice	1 cup juice	248	117	0.2	2	2	295	0
Apple, <i>juice (with added vitamin C)</i>	1 cup juice	248	117	0.2	2	103	295	0
Apricots, <i>fresh</i>	2 medium	70	34	1.4	1348	7	182	6
Apricots, <i>canned, in juice</i>	1/2 cup	122	59	2	2063	6	201	2
Apricots, <i>dried</i>	1/4 cup	33	78	2.4	1171	0	378	3
Artichokes, <i>cooked</i>	1 medium	120	60	6.5	212	12	425	61
Artichoke hearts, <i>canned</i>	1/2 cup	84	42	4.5	149	8	297	43
Arugula	1 cup	20	5	0.3	475	3	74	19
Asian Pears	1 medium	122	51	4.4	0	5	148	10
Asparagus <i>raw</i>	5 medium spears	80	16	1.7	605	5	162	42
Asparagus <i>cooked</i>	6 medium spears	90	20	1.8	905	7	202	134
Avocado, <i>California</i>	1/5 medium	35	58	2.4	51	3	175	31
Bananas	1 medium	118	105	3.1	76	10	422	24
Beets	1/2 cup, cooked	85	37	1.7	30	3	259	68
Beet Greens, <i>cooked</i>	1/2 cup	72	19	2.1	5511	18	654	10
Bell Peppers, <i>green</i>	1/2 cup chopped	75	15	1.3	276	60	130	8
Bell Peppers, <i>red</i>	1/2 cup chopped	75	19	1.5	2333	142	157	13
Bell Peppers, <i>yellow</i>	1/2 cup chopped	75	20	0.7	150	138	159	20
Blackberries, <i>frozen</i>	1/2 cup	76	48	3.8	86	2	106	26
Blackberries, <i>fresh</i>	1/2 cup	72	31	3.8	154	15	117	18
Blueberries, <i>fresh</i>	1/2 cup	73	41	1.7	39	7	56	4
Blueberries, <i>frozen</i>	1/2 cup	78	40	2.1	36	2	42	5
Bok choy, <i>raw</i>	1 cup, shredded	70	9	0.7	3128	32	176	46

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Bok choy,	1 cup, chopped	170	20	1.7	7223	44	631	70
Boysenberries	1/2 cup	66	33	3.5	44	2	92	42
Broccoli, <i>raw</i>	1/2 cup, cut pieces	46	15	1.2	283	41	144	29
Broccoli, <i>cooked</i>	1/2 cup	78	27	2.6	1207	51	229	84
Brussels Sprouts	1/2 cup	78	28	2	604	48	247	47
Butternut squash, <i>cooked</i>	1/2 cup	103	46	2.1	10950	22	363	28
Cabbage, <i>raw</i>	1 cup shredded	70	17	2	120	23	172	30
Cabbage, <i>green, cooked</i>	1 cup shredded	150	33	2.9	210	30	146	30
Cabbage, <i>red, raw</i>	1 cup, chopped	89	28	1.9	993	51	216	16
Cabbage, <i>red, cooked</i>	1/2 cup	75	22	1.9	25	8	196	18
Cantaloupe	1/2 cup, cubed	80	27	0.7	2706	30	214	17
Carambola (a.k.a. star fruit)	1 medium	91	28	2.5	56	31	121	11
Carrots, <i>raw</i>	1 medium carrot, raw	61	25	1.7	10255	4	195	12
Carrots, <i>cooked</i>	1/2 cup, sliced coins	78	27	2.3	13418	3	183	11
Carrots, <i>baby, raw</i>	8 medium carrots	80	28	1.4	11032	7	190	26
Cauliflower, <i>green raw</i>	1/2 cup, chopped	32	10	1	50	28	96	18
Cauliflower, <i>green cooked</i>	1/2 cup, chopped	62	14	1.7	7	28	88	27
Cauliflower, <i>white raw</i>	1/2 cup, cut chopped	50	12	1.2	6	23	152	28
Cauliflower, <i>white cooked</i>	1/2 cup, cut chopped	62	14	1.7	7	28	88	27
Celery, <i>raw</i>	2 medium stalks	80	11	1.3	359	3	208	29
Chayote, <i>raw</i>	1/2 cup, chopped pieces	66	11	1.1	37	5	82	61
Cherimoya	1/2 cup, chopped	78	58	1.8	0	9	210	14
Cherries	1/2 cup, about 10 cherries	73	46	1.5	46	5	161	3
Cherry tomatoes, (Nutrition Pro)	1/2 cup	75	14	0.9	467	10	178	11
Chile peppers, <i>green, raw</i>	1/2 cup, chopped	75	30	1.1	884	182	255	17
Chile peppers, <i>red, raw</i>	1/2 cup, chopped	75	30	1.1	714	108	242	17

Fruit or Vegetable	5-A-Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A (IU)	Vitamin C mg	Potassium mg	Folate mcg
Collard Greens, <i>cooked</i>	1/2 cup, chopped	95	25	2.7	7708	17	110	88
Corn, <i>yellow cooked</i>	1/2 cup	82	89	2.3	216	5	204	38
Corn, <i>white cooked</i>	1/2 cup	82	89	2.2	2	5	204	38
Corn-on-the cob, <i>yellow, cooked</i>	Kernels from 1 medium cob	63	59	1.8	146	3	158	20
Corn-on-the cob, <i>white, cooked</i>	Kernels from 1 medium cob	63	59	1.3	3	3	158	20
Cranberries, <i>raw</i>	1/2 cup	55	25	2.5	33	7	47	1
Cranberries, <i>raw</i>	1/2 cup whole berries	48	22	2.2	28	6	40	0
Cranberries, <i>dried, sweetened</i>	1/3 cup	40	123	2.3	0	0	16	0
Cucumber	1/2 cup, sliced	52	8	0.3	55	2	76	4
Currants, <i>dried</i>	1/4 cup	36	102	2.4	26	2	321	4
Dates	5 dates	42	117	3.3	4	0	272	8
Eggplant, <i>cooked</i>	1/2 cup, cubed	50	17	1.2	18	1	61	7
Endive, <i>Raw</i>	1 cup chopped	50	8	1.6	1084	3	157	71
Figs, <i>raw</i>	2 medium	100	74	2.9	142	2	232	6
Figs, <i>dried</i>	1/4 cup (about 4 figs)	38	93	3.7	4	0	253	3
Grape juice, <i>purple, unsweetened</i>	3/4 cup juice	190	116	0.2	15	0	250	6
Grapefruit, <i>pink or red</i>	1/2 medium	123	52	2	1414	38	166	16
Grapefruit, <i>white</i>	1/2 medium	118	39	1.3	39	439	175	12
Grapefruit juice, <i>pink</i>	3/4 cup	185	72	0.3	815	70	300	19
Grapefruit juice, <i>white, unsweetened</i>	3/4 cup	185	70	0.2	13	54	283	19
Grapes, <i>green</i>	1/2 cup, about 15 grapes	77	53	0.7	51	8	147	2
Green Beans, <i>raw</i>	1/2 cup	55	17	1.9	380	9	115	20
Green beans, <i>cooked</i>	1/2cup	63	22	2	438	6	91	21
Guava	1 fruit	55	37	3	343	126	229	27
Honeydew melon	1/2 cup cubed	89	32	0.7	44	16	202	17

Fruit or Vegetable	5-A-Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A (IU)	Vitamin C mg	Potassium mg	Folate mcg
“Jalepeno peppers, raw”	1/2 cup sliced	45	14	1.3	360	20	97	21
Jicama	1/2 cup sliced	60	23	2.9	13	12	90	7
Kale, <i>cooked</i>	1/2 cup chopped	65	18	1.3	8854	27	148	8
Kiwifruit	1 large	91	56	3.1	159	68	302	0
Lemons	1 medium	58	17	1.6	13	31	80	6
Lettuce, <i>Bibb (a.k.a. Boston)</i>	1 cup, shredded	55	7	0.6	1822	2	131	40
Lettuce, <i>iceberg</i>	1 cup, shredded	55	8	0.7	276	2	78	16
Lettuce, <i>green leaf</i>	1 cup, shredded	36	5	0.5	2666	7	70	14
Lettuce, <i>red leaf</i>	1 cup, shredded	28	4	0.3	2098	1	52	10
Lettuce, <i>Romaine</i>	1 cup, shredded	47	8	1	2729	11	116	64
Limes	1 medium	67	20	1.9	34	20	68	5
Mandarin oranges, <i>canned</i>	1/2 cup	126	77	0.9	1058	25	98	6
Mangos	1/2 cup	83	54	1.5	631	23	129	12
Mushrooms, <i>raw</i>	1/2 cup, chopped	35	8	0.3	0	1	111	6
Mustard greens, <i>raw</i>	1 cup	56	15	1.8	5880	39	198	105
Mustard greens, <i>cooked</i>	1/2 cup	70	10	1.4	4426	18	141	51
Napa cabbage, <i>cooked</i>	1/2 cup, chopped	55	7	0.9	532	9	124	29
Nectarines	1 medium fruit	136	60	2.3	452	7	273	7
Okra, <i>cooked</i>	1/2 cup	80	18	2	226	13	108	37
Olives, <i>black</i>	1/4 cup, whole	34	39	1.1	135	0	3	0
Onions, <i>white</i>	1/2 cup, chopped	80	34	1.1	2	5	115	15
Onions, <i>green/ scallions</i>	1/2 cup, chopped	50	16	1.3	498	9	138	32
Oranges	1 medium	131	62	3.1	295	70	237	39
Orange juice, <i>from concentrate</i>	3/4 cup juice	187	82	0.4	146	61	355	34
Orange juice, <i>fresh</i>	3/4 cup juice	186	84	0.4	372	93	372	56
Papayas	1/2 cup, cubed	70	27	1.3	766	43	180	27

