

Fruit	Serving Size	Calories	Protein (gm)	Fat (gm)	Saturated Fat (gm)	Trans Fat (gm)	Cholesterol (mg)	Carbohydrates (gm)	Fiber (gm)	Sugar (gm)	Sodium (mg)	Iron (mg)	Vitamin C (mg)	Vitamin A (IU)	Calcium (mg)
Apple - Red	1 EACH	65	0	0.0	0.0	0.0	0	18	3	16	0	0.00	3	0	0
Apple Slices	0.5 CUP	50	0	0.0	0.0	0.0	0	12	2	9	20	0.00	0	0	0
Applesauce	0.5 CUP	90	0	0.0	0.0	0.0	0	22	2	18	10	0.00	0	0	0
Banana- Petite	1 EACH	72	<1 gm	0.0	0.0	N/A	0	19	2	10	0	0.21	7	52	4
Cinnamon Applesauce	1 EACH	120	0	0	0.0	0	0	30	2	22	15	N/A	N/A	N/A	N/A
Pears (diced)	0.5 CUP	60	0	0.0	0.0	0.0	0	14	2	10	5	0.36	1	0	0
Mandarin Oranges	0.5 CUP	90	1	0.0	0.0	0.0	0	20	0	19	10	0.36	18	400	20
Mixed Fruit	0.5 CUP	70	1	0.0	0.0	0.0	0	18	1	15	5	0.00	1	200	0
Navel Orange	1 EACH	80	1	0.0	0.0	0.0	0	21	7	14	0	0.36	78	100	60
Peaches (slices)	0.5 CUP	70	1	0.0	0.0	0.0	0	17	1	16	10	0.00	1	300	0
Peaches (diced)	0.5 CUP	50	0	0.0	0.0	0.0	0	12	0	10	5	0.00	4	300	0
Pineapple Tidbits	0.5 CUP	60	1	0.0	0.0	0.0	0	14	2	11	10	0.72	9	100	20
Tropical Fruit Salad	0.5 CUP	60	0	0.0	0.0	0.0	0	15	1	14	0	0.36	18	0	0