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Nutritional Comparison of Fruits*

ITEM	SERVING	CALOR.	FAT	FIBER	PROT.	CARB.	SOD.	VIT. C
APPLE	1 med.	81	O.5g	3.5g	0	21g	0	8mg
AVOCADO	1 med.	323.5	31g	10g	4g	15g	20mg	16mg
BANANA	1 med.	108.5	O.5g	3g	1g	27.5g	1mg	10.5mg
CANTALOUPE	1 med. wedge	24	0	0.5g	0.5g	6g	6mg	7.5mg
CHERRY, SOUR	1 cup w/o pits	77.5	O.5g	2.5g	1.5g	18.9g	4.5mg	15.5mg
CHERRY, SWEET	1 cup w/o pits	104	1.5	3.5g	1.5g	24g	0mg	10mg
GRAPE	1 cup	58	O.5g	1g	0.5g	16g	2mg	3.6mg
GRAPEFRUIT	1/2 med.	41	O	1.5g	1g	10g	0	44mg
ITEM	SERVING	CALOR.	FAT	FIBER	PROT.	CARB.	SOD.	VIT. C
HONEYDEW	1 med. wedge	44	0	1g	0.5g	11.5g	12.5mg	7.5mg
KIWI FRUIT	1 med. w/o skin	46.5	O.5g	2.5g	1g	115g	4mg	74.5mg
LEMON	1 w/o seeds	21.5	O.5g	5g	1.5g	11.5g	3mg	83mg
LIME	1 med.	20	O	2g	0.5g	7g	1.5mg	19.5mg
NECTARINE	1 med.	66.5	O.5g	2g	1.5g	16g	0	7.5mg
ORANGE	1 med.	61.5	O	3g	1g	15.5g	0	69.5mg
PEACH	1 med.	42	O	2g	0.5g	11g	0	6.5mg
PEAR	1 med.	100	O.5g	4g	0.5g	25g	0	6.5mg
ITEM	SERVING	CALOR.	FAT	FIBER	PROT.	CARB.	SOD.	VIT. C
PINEAPPLE	1 slice, 3/4" thick	41	O.5g	1g	0.5g	10.5g	1mg	13mg
PLUM	1 med.	36.5	O.5g	1g	0.5g	8.5g	0	6mg
STRAWBERRY	1 cup, halves	45.5g	O.5g	3.5g	1g	10.5g	1.5mg	86mg
TANGERINE	1 med.	37	O	2g	0.5g	9.5g	1mg	12mg
WATERMELON	1 cup diced	48.5	O.5g	1g	1g	11g	3mg	12mg

Source: USDA - Nutrient Data Lab (Sept. 1996)

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**All Data is based on raw fruits - rounded to nearest 0.5*

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