



## Fruit & Vegetable Nutrition Facts Chart

Search the chart below for 5 A Day serving size information as well as calories, dietary fiber, vitamin A, vitamin C, potassium, and folate content for more than 100 fruits, vegetables, and 100% juices commonly found in U.S. supermarkets. Nutrient data were obtained from the USDA Nutrient Database for Standard Reference (SR17).

|  | <b>5 A Day Serving Size</b> | <b>Weight grams</b> | <b>Calories</b> | <b>Fiber grams</b> | <b>Vitamin A International Units</b> | <b>Vitamin C milligrams</b> | <b>Potassium milligrams</b> | <b>Folate micrograms</b> |
|---|-----------------------------|---------------------|-----------------|--------------------|--------------------------------------|-----------------------------|-----------------------------|--------------------------|
| <b>Acorn squash, baked</b>  | ½ cup, cubed                | 102                 | 107             | 4.5                | 439                                  | 11                          | 448                         | 20                       |
| <b>Apples</b>   | 1 medium                    | 138                 | 72              | 3.3                | 75                                   | 6                           | 148                         | 4                        |
| <b>Apple juice</b>  | ¾ cup juice                 | 186                 | 87              | 0.2                | 2                                    | 2                           | 221                         | 0                        |
| <b>Apple juice, with added vitamin C</b>  | ¾ cup juice                 | 186                 | 87              | 0.2                | 2                                    | 77                          | 221                         | 0                        |
| <b>Apricots, fresh</b>  | 2 medium                    | 70                  | 34              | 1.4                | 1348                                 | 7                           | 181                         | 6                        |
| <b>Apricots, canned, in juice</b>   | ½ cup                       | 122                 | 59              | 2.0                | 2063                                 | 6                           | 201                         | 2                        |
| <b>Apricots, dried</b>  | ¼ cup                       | 33                  | 78              | 2.4                | 1171                                 | 0                           | 378                         | 3                        |
| <b>Artichokes, cooked</b>   | 1 medium                    | 120                 | 60              | 6.5                | 212                                  | 12                          | 425                         | 61                       |
| <b>Artichoke hearts, canned</b>   | ½ cup                       | 84                  | 42              | 4.5                | 149                                  | 8                           | 297                         | 43                       |
| <b>Arugula</b>  | 1 cup                       | 20                  | 5               | 0.3                | 475                                  | 3                           | 74                          | 19                       |
| <b>Asian Pears</b>  | 1 medium                    | 122                 | 51              | 4.4                | 0                                    | 5                           | 148                         | 10                       |
| <b>Asparagus, raw</b>   | 5 medium spears             | 80                  | 16              | 1.7                | 605                                  | 5                           | 162                         | 42                       |
| <b>Asparagus, cooked</b>  | 5 medium spears             | 75                  | 16              | 1.5                | 754                                  | 6                           | 168                         | 112                      |
| <b>Avocado, California</b>  | 1/5 medium                  | 35                  | 58              | 2.4                | 51                                   | 3                           | 175                         | 31                       |
| <b>Bananas</b>  | 1 medium                    | 118                 | 105             | 3.1                | 76                                   | 10                          | 422                         | 24                       |
| <b>Beets, cooked</b>  | ½ cup, sliced               | 85                  | 37              | 1.7                | 30                                   | 3                           | 259                         | 68                       |
| <b>Beet greens, cooked</b>  | ½ cup                       | 72                  | 19              | 2.1                | 5511                                 | 18                          | 654                         | 10                       |
| <b>Bell peppers, sweet, green</b>   | ½ cup, chopped              | 75                  | 15              | 1.3                | 276                                  | 60                          | 130                         | 8                        |
| <b>Bell peppers, sweet, red</b>   | ½ cup, chopped              | 75                  | 19              | 1.5                | 2333                                 | 142                         | 157                         | 13                       |
| <b>Bell peppers, sweet, yellow</b>  | ½ cup, chopped              | 75                  | 20              | 0.7                | 150                                  | 138                         | 159                         | 20                       |
| <b>Blackberries, fresh</b>  | ½ cup                       | 72                  | 31              | 3.8                | 154                                  | 15                          | 117                         | 18                       |


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|  5 A Day<br>THE COLOR WAY | 5 A Day<br>Serving Size   | Weight<br>grams | Calories | Fiber<br>grams | Vitamin A<br>International<br>Units | Vitamin C<br>milligrams | Potassium<br>milligrams | Folate<br>micrograms |
|--|---------------------------|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Blackberries,</b><br>frozen   | ½ cup                     | 76              | 48       | 3.8            | 86                                  | 2                       | 106                     | 26                   |
| <b>Blueberries,</b><br>fresh   | ½ cup                     | 73              | 41       | 1.7            | 39                                  | 7                       | 56                      | 4                    |
| <b>Blueberries,</b><br>frozen  | ½ cup                     | 78              | 40       | 2.1            | 36                                  | 2                       | 42                      | 5                    |
| <b>Bok choy,</b> raw   | 1 cup,<br>chopped         | 70              | 9        | 0.7            | 3128                                | 32                      | 176                     | 46                   |
| <b>Bok choy,</b><br>cooked   | ½ cup,<br>chopped         | 85              | 10       | 0.8            | 3612                                | 22                      | 315                     | 35                   |
| <b>Boysenberries</b>   | ½ cup                     | 66              | 33       | 3.5            | 44                                  | 2                       | 92                      | 42                   |
| <b>Broccoli,</b> raw   | ½ cup<br>chopped          | 44              | 15       | 1.1            | 290                                 | 40                      | 139                     | 28                   |
| <b>Broccoli,</b><br>cooked   | ½ cup<br>chopped          | 78              | 27       | 2.6            | 1534                                | 51                      | 229                     | 84                   |
| <b>Brussels<br/>sprouts,</b><br>cooked   | ½ cup, about<br>4 sprouts | 78              | 28       | 2.0            | 604                                 | 48                      | 247                     | 47                   |
| <b>Butternut<br/>squash, baked</b>   | ½ cup                     | 103             | 41       | 3.2            | 11434                               | 16                      | 291                     | 19                   |
| <b>Cabbage,<br/>green,</b> raw   | 1 cup,<br>chopped         | 89              | 21       | 2.0            | 152                                 | 29                      | 219                     | 38                   |
| <b>Cabbage,<br/>green,</b> cooked  | ½ cup                     | 75              | 16       | 1.4            | 105                                 | 15                      | 73                      | 15                   |
| <b>Cabbage, red,</b><br>raw  | 1 cup,<br>chopped         | 89              | 28       | 1.9            | 993                                 | 51                      | 216                     | 16                   |
| <b>Cabbage, red,</b><br>cooked   | ½ cup                     | 75              | 22       | 1.9            | 25                                  | 8                       | 196                     | 18                   |
| <b>Cantaloupe</b>  | ½ cup,<br>cubed           | 80              | 27       | 0.7            | 2706                                | 30                      | 214                     | 17                   |
| <b>Carambola</b><br>(a.k.a. star fruit)  | 1 medium                  | 91              | 28       | 2.5            | 56                                  | 31                      | 121                     | 11                   |
| <b>Carrots, raw</b>  | 1 medium                  | 61              | 25       | 1.7            | 7342                                | 4                       | 195                     | 12                   |
| <b>Carrots,</b><br>cooked  | ½ cup, sliced             | 78              | 27       | 2.3            | 13418                               | 3                       | 183                     | 11                   |
| <b>Carrots, baby,</b><br>raw   | 8 medium                  | 80              | 28       | 1.4            | 11032                               | 7                       | 190                     | 26                   |
| <b>Cauliflower,<br/>green,</b> raw   | ½ cup,<br>chopped         | 32              | 10       | 1.0            | 50                                  | 28                      | 96                      | 18                   |
| <b>Cauliflower,<br/>green,</b> cooked  | ½ cup,<br>chopped         | 62              | 20       | 2.0            | 87                                  | 45                      | 172                     | 25                   |
| <b>Cauliflower,<br/>white,</b> raw   | ½ cup,<br>chopped         | 50              | 12       | 1.2            | 6                                   | 23                      | 152                     | 28                   |


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|  5 A Day<br>THE COLOR WAY | 5 A Day<br>Serving Size   | Weight<br>grams | Calories | Fiber<br>grams | Vitamin A<br>International<br>Units | Vitamin C<br>milligrams | Potassium<br>milligrams | Folate<br>micrograms |
|--|---------------------------|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Cauliflower</b> , white, cooked   | ½ cup, chopped            | 62              | 14       | 1.7            | 7                                   | 28                      | 88                      | 27                   |
| <b>Celery</b> , raw  | 2 medium stalks           | 80              | 11       | 1.3            | 359                                 | 3                       | 208                     | 29                   |
| <b>Chayote</b> , cooked  | ½ cup, chopped            | 80              | 19       | 2.2            | 38                                  | 6                       | 138                     | 14                   |
| <b>Cherimoya</b>   | ½ cup, chopped            | 78              | 58       | 1.8            | 0                                   | 9                       | 210                     | 14                   |
| <b>Cherries</b>  | ½ cup (about 10 cherries) | 73              | 46       | 1.5            | 46                                  | 5                       | 161                     | 3                    |
| <b>Cherry tomatoes</b>   | ½ cup (about 5 tomatoes)  | 75              | 13       | 0.9            | 621                                 | 10                      | 177                     | 11                   |
| <b>Chile peppers</b> , green, raw  | ½ cup, chopped            | 75              | 30       | 1.1            | 884                                 | 182                     | 255                     | 17                   |
| <b>Chile peppers</b> , red, raw  | ½ cup, chopped            | 75              | 30       | 1.1            | 714                                 | 108                     | 242                     | 17                   |
| <b>Collard greens</b> , cooked   | ½ cup, chopped            | 95              | 25       | 2.7            | 7708                                | 17                      | 110                     | 88                   |
| <b>Corn</b> , yellow, cooked   | ½ cup                     | 82              | 89       | 2.3            | 216                                 | 5                       | 204                     | 38                   |
| <b>Corn</b> , white, cooked  | ½ cup                     | 82              | 89       | 2.2            | 2                                   | 5                       | 204                     | 38                   |
| <b>Corn-on-the-cob</b> , yellow, cooked  | Kernels from 1 medium cob | 63              | 59       | 1.8            | 146                                 | 3                       | 158                     | 20                   |
| <b>Corn-on-the-cob</b> , white, cooked   | Kernels from 1 medium cob | 63              | 59       | 1.3            | 3                                   | 3                       | 158                     | 20                   |
| <b>Cranberries</b> , raw   | ½ cup whole berries       | 48              | 22       | 2.2            | 28                                  | 6                       | 40                      | 0                    |
| <b>Cranberries</b> , dried, sweetened  | ¼ cup                     | 30              | 92       | 1.7            | 0                                   | 0                       | 12                      | 0                    |
| <b>Cucumbers</b>   | ½ cup, sliced             | 52              | 8        | 0.3            | 55                                  | 2                       | 76                      | 4                    |
| <b>Currants</b> , dried  | ¼ cup                     | 36              | 102      | 2.4            | 26                                  | 2                       | 321                     | 4                    |
| <b>Dates</b>   | 5 dates                   | 42              | 117      | 3.3            | 4                                   | 0                       | 272                     | 8                    |
| <b>Eggplant</b> , cooked   | ½ cup, cubed              | 50              | 17       | 1.2            | 18                                  | 1                       | 61                      | 7                    |
| <b>Endive</b> , raw  | 1 cup, chopped            | 50              | 8        | 1.6            | 1084                                | 3                       | 157                     | 71                   |
| <b>Figs</b> , raw  | 2 medium                  | 100             | 74       | 2.9            | 142                                 | 2                       | 232                     | 6                    |


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|--|-------------------------|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Figs, dried</b>   | ¼ cup (about<br>4 figs) | 38              | 93       | 3.7            | 4                                   | 1                       | 253                     | 3                    |
| <b>Grape juice,<br/>purple,<br/>unsweetened</b>  | ¾ cup juice             | 190             | 116      | 0.2            | 15                                  | 0                       | 250                     | 6                    |
| <b>Grapefruit, pink<br/>or red</b>   | ½ medium                | 128             | 41       | 1.4            | 1187                                | 44                      | 178                     | 13                   |
| <b>Grapefruit,<br/>white</b>   | ½ medium                | 118             | 39       | 1.3            | 39                                  | 40                      | 175                     | 12                   |
| <b>Grapefruit<br/>juice, pink or<br/>red,<br/>unsweetened</b>  | ¾ cup                   | 185             | 72       | 0.3            | 815                                 | 70                      | 300                     | 19                   |
| <b>Grapefruit<br/>juice, white,<br/>unsweetened</b>  | ¾ cup                   | 185             | 72       | 0.2            | 61                                  | 71                      | 300                     | 19                   |
| <b>Grapes, green</b>   | ½ cup<br>(~15 grapes)   | 77              | 53       | 0.7            | 51                                  | 8                       | 147                     | 2                    |
| <b>Green beans,<br/>raw</b>  | ½ cup                   | 55              | 17       | 1.9            | 380                                 | 9                       | 115                     | 20                   |
| <b>Green beans,<br/>cooked</b>   | ½ cup                   | 63              | 22       | 2.0            | 438                                 | 6                       | 91                      | 21                   |
| <b>Guava</b>   | 1 fruit                 | 55              | 37       | 3.0            | 343                                 | 126                     | 229                     | 27                   |
| <b>Honeydew<br/>melon</b>  | ½ cup, cubed            | 89              | 32       | 0.7            | 44                                  | 16                      | 202                     | 17                   |
| <b>Jalepeño<br/>peppers, raw</b>   | ½ cup, sliced           | 45              | 14       | 1.3            | 360                                 | 20                      | 97                      | 21                   |
| <b>Jicama</b>  | ½ cup, sliced           | 60              | 23       | 2.9            | 13                                  | 12                      | 90                      | 7                    |
| <b>Kale, cooked</b>  | ½ cup,<br>chopped       | 65              | 18       | 1.3            | 8854                                | 27                      | 148                     | 8                    |
| <b>Kiwifruit</b>   | 1 large                 | 91              | 56       | 3.1            | 159                                 | 68                      | 302                     | 35                   |
| <b>Lemons</b>  | 1 medium                | 58              | 17       | 1.6            | 13                                  | 31                      | 80                      | 6                    |
| <b>Lettuce, Bibb<br/>(a.k.a. Boston)</b>   | 1 cup,<br>shredded      | 55              | 7        | 0.6            | 1822                                | 2                       | 131                     | 40                   |
| <b>Lettuce,<br/>iceberg</b>  | 1 cup,<br>shredded      | 72              | 10       | 0.9            | 361                                 | 2                       | 102                     | 21                   |
| <b>Lettuce, green<br/>leaf</b>   | 1 cup,<br>shredded      | 36              | 5        | 0.5            | 2666                                | 7                       | 70                      | 14                   |
| <b>Lettuce,<br/>red leaf</b>   | 1 cup,<br>shredded      | 28              | 4        | 0.3            | 2098                                | 1                       | 52                      | 10                   |
| <b>Lettuce,<br/>Romaine</b>  | 1 cup,<br>shredded      | 47              | 8        | 1.0            | 2729                                | 11                      | 116                     | 64                   |


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|--|-------------------------------------|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Limes</b>   | 1 medium                            | 67              | 20       | 1.9            | 34                                  | 20                      | 68                      | 5                    |
| <b>Mandarin orange segments, in light syrup</b>  | ½ cup                               | 126             | 77       | 0.9            | 1058                                | 25                      | 98                      | 6                    |
| <b>Mangos</b>  | ½ cup (about 1/3 of a medium fruit) | 83              | 54       | 1.5            | 631                                 | 23                      | 129                     | 12                   |
| <b>Mushrooms, raw</b>  | ½ cup, chopped                      | 35              | 8        | 0.4            | 0                                   | 1                       | 110                     | 6                    |
| <b>Mustard greens, raw</b>   | 1 cup                               | 56              | 15       | 1.8            | 5880                                | 39                      | 198                     | 105                  |
| <b>Mustard greens, cooked</b>  | ½ cup                               | 70              | 10       | 1.4            | 4426                                | 18                      | 141                     | 51                   |
| <b>Napa cabbage, cooked</b>  | ½ cup, chopped                      | 55              | 7        | 0.8            | 143                                 | 2                       | 47                      | 23                   |
| <b>Nectarines</b>  | 1 medium fruit                      | 136             | 60       | 2.3            | 452                                 | 7                       | 273                     | 7                    |
| <b>Okra, cooked</b>  | ½ cup (~ 4 pods)                    | 50              | 16       | 1.6            | 188                                 | 11                      | 152                     | 44                   |
| <b>Olives, black</b>   | ¼ cup, whole                        | 34              | 39       | 1.1            | 135                                 | 0                       | 3                       | 0                    |
| <b>Onions, white</b>   | ½ cup, chopped                      | 80              | 34       | 1.1            | 2                                   | 5                       | 115                     | 15                   |
| <b>Onions, green/scallions</b>   | ½ cup, chopped                      | 50              | 16       | 1.3            | 498                                 | 9                       | 138                     | 32                   |
| <b>Oranges</b>   | 1 medium                            | 131             | 62       | 3.1            | 295                                 | 70                      | 237                     | 39                   |
| <b>Orange juice, fresh</b>   | ¾ cup                               | 187             | 84       | 0.4            | 372                                 | 93                      | 372                     | 56                   |
| <b>Orange juice, from concentrate</b>  | ¾ cup                               | 187             | 82       | 0.4            | 146                                 | 61                      | 355                     | 34                   |
| <b>Papayas</b>   | ½ cup, cubed                        | 70              | 27       | 1.3            | 766                                 | 43                      | 180                     | 27                   |
| <b>Parsnips, cooked</b>  | ½ cup, sliced                       | 78              | 55       | 2.8            | 0                                   | 10                      | 286                     | 45                   |
| <b>Peaches</b>   | 1 medium                            | 98              | 38       | 1.5            | 319                                 | 7                       | 186                     | 4                    |
| <b>Pears</b>   | 1 medium                            | 166             | 96       | 5.1            | 38                                  | 7                       | 198                     | 12                   |


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|--|-------------------------|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Peas</b> , cooked   | ½ cup                   | 80              | 67       | 4.4            | 641                                 | 11                      | 217                     | 50                   |
| <b>Persimmons</b> ,<br>Japanese-style  | 1 medium                | 168             | 118      | 6.0            | 2733                                | 13                      | 270                     | 13                   |
| <b>Pineapple</b> ,<br>fresh,<br>traditional<br>varieties   | ½ cup,<br>chopped       | 78              | 35       | 1.0            | 40                                  | 13                      | 97                      | 9                    |
| <b>Pineapple</b> ,<br>fresh, extra<br>sweet varieties  | ½ cup,<br>chopped       | 78              | 40       | 1.1            | 44                                  | 44                      | 84                      | 15                   |
| <b>Pineapple</b> ,<br>canned, in its<br>own juices   | ½ cup,<br>chunks        | 91              | 54       | 1.2            | 45                                  | 9                       | 112                     | 5                    |
| <b>Pineapple<br/>juice</b> , canned,<br>without added<br>vitamin C   | ¾ cup juice             | 188             | 105      | 0.4            | 9                                   | 20                      | 252                     | 43                   |
| <b>Pineapple<br/>juice</b> , canned,<br>with added<br>vitamin C  | ¾ cup juice             | 188             | 105      | 0.4            | 9                                   | 45                      | 252                     | 43                   |
| <b>Plantains</b> ,<br>cooked   | ½ cup, sliced           | 77              | 89       | 1.8            | 700                                 | 8                       | 358                     | 20                   |
| <b>Plums</b>   | 2 medium fruit          | 132             | 61       | 1.8            | 455                                 | 13                      | 207                     | 7                    |
| <b>Plums</b> , dried<br>(a.k.a. prunes)  | ¼ cup,<br>~ 5 prunes    | 43              | 102      | 3.0            | 332                                 | 0                       | 311                     | 2                    |
| <b>Pomegranates</b>  | 1 medium                | 154             | 105      | 0.9            | 166                                 | 9                       | 399                     | 9                    |
| <b>Potatoes</b> ,<br>baked, flesh<br>and skin  | ½ cup                   | 61              | 57       | 1.3            | 6                                   | 6                       | 326                     | 17                   |
| <b>Potatoes</b> ,<br>baked, flesh<br>only  | ½ cup                   | 61              | 57       | 0.9            | 0                                   | 8                       | 239                     | 5                    |
| <b>Prune juice</b>   | ¾ cup                   | 192             | 136      | 1.9            | 6                                   | 8                       | 530                     | 0                    |
| <b>Pummelo</b>   | ½ cup, slices           | 95              | 36       | 0.9            | 8                                   | 58                      | 205                     | -                    |
| <b>Pumpkin</b> ,<br>canned   | ½ cup                   | 123             | 42       | 3.6            | 19065                               | 5                       | 252                     | 15                   |
| <b>Pumpkin</b> ,<br>cooked from<br>fresh   | ½ cup, boiled           | 123             | 24       | 1.3            | 6115                                | 6                       | 282                     | 0                    |


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|--|--|-----------------|----------|----------------|-------------------------------------|-------------------------|-------------------------|----------------------|
| <b>Quince</b>  | 1 medium                                 | 92              | 52       | 1.7            | 37                                  | 14                      | 181                     | 3                    |
| <b>Radicchio, raw</b>  | 1 cup,<br>shredded                       | 40              | 9        | 1.4            | 11                                  | 3                       | 121                     | 24                   |
| <b>Radishes</b>  | ½ cup, sliced,<br>~10 medium<br>radishes | 58              | 9        | 0.9            | 4                                   | 9                       | 135                     | 14                   |
| <b>Raisins</b>   | ¼ cup                                    | 42              | 123      | 1.5            | 0                                   | 1                       | 309                     | 2                    |
| <b>Raspberries</b>   | ½ cup                                    | 62              | 32       | 4.0            | 20                                  | 16                      | 93                      | 13                   |
| <b>Rhubarb, raw</b>  | 1 cup, diced                             | 122             | 26       | 2.2            | 124                                 | 10                      | 351                     | 9                    |
| <b>Rutabagas,<br/>cooked</b>   | ½ cup,<br>mashed                         | 120             | 47       | 2.2            | 2                                   | 23                      | 391                     | 18                   |
| <b>Shallots</b>  | ½ cup,<br>chopped                        | 80              | 58       | 1.2            | 952                                 | 6                       | 267                     | 27                   |
| <b>Snow pea<br/>pods, raw</b>  | 1 cup, whole                             | 63              | 26       | 1.6            | 685                                 | 38                      | 126                     | 26                   |
| <b>Snow pea<br/>pods, cooked</b>   | ½ cup, whole                             | 80              | 34       | 2.2            | 824                                 | 38                      | 192                     | 23                   |
| <b>Spinach, raw</b>  | 1 cup,<br>packed<br>leaves               | 30              | 7        | 0.7            | 2813                                | 8                       | 167                     | 58                   |
| <b>Spinach,<br/>cooked</b>   | ½ cup                                    | 90              | 21       | 2.2            | 9433                                | 9                       | 419                     | 131                  |
| <b>Strawberries,<br/>fresh</b>   | ½ cup, sliced                            | 83              | 27       | 1.7            | 10                                  | 49                      | 127                     | 20                   |
| <b>Strawberries,<br/>fresh</b>   | ½ cup, whole                             | 72              | 23       | 1.4            | 9                                   | 42                      | 110                     | 17                   |
| <b>Strawberries,<br/>frozen</b>  | ½ cup, whole                             | 75              | 26       | 1.6            | 34                                  | 31                      | 110                     | 13                   |
| <b>Sweet<br/>potatoes, raw</b>   | ½ cup, sliced                            | 67              | 57       | 2.0            | 9434                                | 2                       | 224                     | 7                    |
| <b>Sweet<br/>potatoes,<br/>baked</b>   | ½ cup,<br>mashed                         | 100             | 90       | 3.3            | 19218                               | 20                      | 475                     | 6                    |
| <b>Swiss chard,<br/>cooked</b>   | ½ cup,<br>chopped                        | 88              | 18       | 1.8            | 5358                                | 16                      | 480                     | 8                    |
| <b>Sun-dried<br/>tomatoes</b>  | ¼ cup                                    | 14              | 35       | 1.7            | 118                                 | 5                       | 463                     | 9                    |
| <b>Tangerines</b>  | 1 medium                                 | 84              | 45       | 1.5            | 572                                 | 22                      | 139                     | 13                   |
| <b>Tomatoes,<br/>orange</b>  | 1 medium                                 | 123             | 20       | 1.1            | 1840                                | 20                      | 261                     | 36                   |

## Fruit & Vegetable Nutrition Facts Chart

Search the chart below for 5 A Day serving size information as well as calories, dietary fiber, vitamin A, vitamin C, potassium, and folate content for more than 100 fruits, vegetables, and 100% juices commonly found in U.S. supermarkets. Nutrient data were obtained from the USDA Nutrient Database for Standard Reference (SR17).

|  | <b>5 A Day Serving Size</b> | <b>Weight grams</b> | <b>Calories</b> | <b>Fiber grams</b> | <b>Vitamin A International Units</b> | <b>Vitamin C milligrams</b> | <b>Potassium milligrams</b> | <b>Folate micrograms</b> |
|---|-----------------------------|---------------------|-----------------|--------------------|--------------------------------------|-----------------------------|-----------------------------|--------------------------|
| <b>Tomatoes, red</b>  | 1 medium                    | 123                 | 22              | 1.5                | 1025                                 | 16                          | 292                         | 18                       |
| <b>Tomatoes, yellow</b>   | 1 medium                    | 123                 | 18              | 0.9                | 0                                    | 11                          | 317                         | 37                       |
| <b>Turnips, cooked</b>  | ½ cup, mashed               | 115                 | 25              | 2.3                | 0                                    | 13                          | 204                         | 10                       |
| <b>Watercress</b>   | 1 cup                       | 34                  | 4               | 0.2                | 1598                                 | 15                          | 112                         | 3                        |
| <b>Watermelon</b>   | ½ cup, cubed                | 77                  | 23              | 0.3                | 438                                  | 6                           | 86                          | 2                        |
| <b>Yam, cooked</b>  | ½ cup, cubed                | 68                  | 79              | 2.7                | 83                                   | 8                           | 456                         | 11                       |
| <b>Yellow snap beans, raw</b>   | ½ cup                       | 55                  | 17              | 1.9                | 59                                   | 9                           | 115                         | 20                       |
| <b>Yellow snap beans, cooked</b>  | ½ cup                       | 63                  | 22              | 2.1                | 51                                   | 6                           | 187                         | 21                       |
| <b>Zucchini squash, raw</b>   | ½ cup, sliced               | 57                  | 9               | 0.6                | 113                                  | 10                          | 148                         | 16                       |
| <b>Zucchini squash, cooked</b>  | ½ cup, sliced               | 90                  | 14              | 1.3                | 1005                                 | 4                           | 228                         | 15                       |



The 5 A Day The Color Way logo reminds us to eat at least five servings of fruits and vegetables each day, and to strive to eat one fruit or vegetable from each color group each day. The fruits and vegetables in this chart are color-coded to correspond with the five Color Way color groups:

- RED**
- ORANGE/YELLOW**
- WHITE**
- BLUE/PURPLE**
- GREEN**