

NUTRITIONAL COMPARISONS OF FRUITS

ITEM	SERVING	CALORIES	FAT	FIBER	PROTEIN	CARBS	SODIUM	VITAMIN C
APPLE	1 med.	81.0	0.5g	3.5g	0.0g	21.0g	0.0mg	8.0mg
APRICOT	3 med.	46.0	0.4g	2.2g	0.0g	13.0g	1.0mg	10.0mg
BANANA	1 med.	108.5	0.5g	3.0g	1.0g	27.5g	1.0mg	10.5mg
BLACKBERRY*	1 cup	62.0	0.7g	7.6g	2.0g	13.8g	1.0mg	30.2mg
BLUEBERRY	1 cup	84.0	0.5g	3.6g	1.1g	21.5g	1.0mg	14.4mg
CANTALOUPE	1 med. wedge	24.0	0.0g	0.5g	0.5g	6.0g	6.0mg	7.5mg
CHERRY, SOUR	1 cup w/o pits	77.5	0.5g	2.5g	1.5g	18.9g	4.5mg	15.5mg
CHERRY, SWEET	1 cup w/o pits	104.0	1.5g	3.5g	1.5g	24.0g	0.0mg	10.0mg
GRAPE	1 cup	58.0	0.5g	1.0g	0.5g	16.0g	2.0mg	3.6mg
GRAPEFRUIT	½ med.	41.0	0.0g	1.5g	1.0g	10.0g	0.0mg	44.0mg
HONEYDEW	1 med. wedge	44.0	0.0g	1.0g	0.5g	11.5g	12.5mg	7.5mg
KIWI FRUIT	1 med. w/o skin	46.5	0.5g	2.5g	1.0g	11.5g	4.0mg	74.5mg
LEMON	1 w/o seeds	21.5	0.5g	5.0g	1.5g	11.5g	3.0mg	83.0mg
LIME	1 med.	20.0	0.0g	2.0g	0.5g	7.0g	1.5mg	19.5mg
MANGO	1 med.	107.0	3.0g	3.0g	0.8g	28.0g	trace	45.7mg
NECTARINE	1 med.	66.5	0.5g	2.0g	1.5g	16.0g	0.0mg	7.5mg
ORANGE	1 med.	61.5	0.0g	3.0g	1.0g	15.5g	0.0mg	69.5mg
PEACH	1 med.	42.0	0.0g	2.0g	0.5g	11.0g	0.0mg	6.5mg
PEAR	1 med.	100.0	0.5g	4.0g	0.5g	25.0g	0.0mg	6.5mg
PINEAPPLE	1 slice- ¾" thick	41.0	0.5g	1.0g	0.5g	10.5g	1.0mg	13.0mg
PLUM	1 med.	36.5	0.5g	1.0g	0.5g	8.5g	0.0mg	6.0mg
RASPBERRY	1 cup	64.0	1.2g	8.6g	1.2g	14.8g	1.2mg	32.2mg
STRAWBERRY	1 cup, halves	45.5	0.5g	3.5g	1.0g	10.5g	1.5mg	86.0mg
TANGERINE	1 med.	37.0	0.0g	2.0g	0.5g	9.5g	1.0mg	12.0mg
WATERMELON	1 cup diced	48.5	0.5g	1.0g	1.0g	11.0g	3.0mg	12.0mg

*The Blackberry family includes the Boysenberries, Loganberries, Marionberries and other aggregate fruits.

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APPLES

Nutritive Values: per 100 gm.

Glycemic Index:	38 ave. (low)
Calories:	59
Protein:	0.2 gm
Carbohydrates:	15 gm
Total fats:	0.4 gm
Fiber:	3.6 gm
Vitamin C:	5.8 mg
Calcium:	7.2 mg
Folate:	2.9 mcg
Iron:	0.2 mg
Magnesium:	5 mg
Manganese:	0
Potassium:	115.2 mg
Sugars:	12 g

APRICOTS

Nutritive Values: per 100 gm.

Glycemic Index:	38 ave. (low)
Calories:	46
Protein:	1.4 gm
Carbohydrates:	11.1 gm
Total fats:	0.4 gm
Fiber:	2.2 gm
Vitamin C:	10 mg
Calcium:	14 mg
Folate:	8.6 mcg
Iron:	0.5 mg
Magnesium:	8 mg
Manganese:	0.1
Potassium:	296 mg
Sodium:	1 g

BLUEBERRIES

Nutritive Values: per 100 gm.

Glycemic Index:	40 ave. (low)
Calories:	52
Protein:	1 gm
Carbohydrates:	12 gm
Total fats:	1 gm
Fiber:	7 gm
Vitamin C:	26.2 mg
Calcium:	25 mg
Folate:	21 mcg
Iron:	0.69 mg
Magnesium:	22 mg
Manganese:	0.67 mg
Potassium:	151 mg
Sodium:	1 mg
Sugars:	4 gm

CHERRIES

Nutritive Values: per 100 gm.

Glycemic Index:	22 (low)
Calories:	61
Protein:	0.5 gm
Carbohydrates:	14.8 gm
Total fats:	0.5 gm
Fiber:	2 gm
Vitamin C:	8 mg
Calcium:	18 mg
Folate:	4 mcg
Iron:	0.4 mg
Magnesium:	10 mg
Manganese:	0 mg
Potassium:	165 mg
Sugars:	12.8 gm

NUTRITIONAL COMPARISONS OF FRUITS

GRAPES

Nutritive Values: per 100 gm.

Glycemic Index:	47 (low)
Calories:	70
Protein:	1.4 gm
Carbohydrates:	14.9 gm
Total fats:	1.4 gm
Fiber:	1 gm
Vitamin C:	4 mg
Calcium:	17 mg
Folate:	4 mcg
Iron:	0.3 mg
Magnesium:	4.8 mg
Manganese:	0.7 mg
Potassium:	181 mg
Sugars:	15 gm

PEARS

Nutritive Values: per 100 gm.

Glycemic Index:	37 ave. (low)
Calories:	58
Protein:	0.4 gm
Carbohydrates:	15.5 gm
Total fats:	0.4 gm
Fiber:	3.1 gm
Vitamin C:	4.2 mg
Calcium:	9 mg
Folate:	7 mcg
Iron:	0.2 mg
Magnesium:	7 mg
Manganese:	0.1 mg
Potassium:	119 mg
Sugars:	9.8 g

PEACHES

Nutritive Values: per 100 gm.

Glycemic Index:	42 (low)
Calories:	46
Protein:	0.5 gm
Carbohydrates:	12 gm
Total fats:	0.1 gm
Fiber:	0.6 gm
Vitamin C:	8 mg
Calcium:	8 mg
Iron:	0.6 mg
Potassium:	310 mg
Sugars:	9 gm

PLUMS

Nutritive Values: per 100 gm.

Glycemic Index:	38 ave. (low)
Calories:	58
Protein:	0.8 gm
Carbohydrates:	14.8 gm
Total fats:	0.3 gm
Fiber:	2.5 gm
Vitamin C:	9.9 mg
Calcium:	6.2 mg
Folate:	6.2 mcg
Iron:	0.3 mg
Magnesium:	6.2 mg
Manganese:	0.3 mg
Potassium:	78.7 mg
Sodium:	0.7 mg

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RASPBERRIES

Nutritive Values: per 100 gm.

Glycemic Index:	32 (low)
Calories:	52
Protein:	1 gm
Carbohydrates:	12 gm
Total fats:	1 gm
Fiber:	7 gm
Vitamin C:	26.2 mg
Calcium:	25 mg
Folate:	21 mcg
Iron:	0.69 mg
Magnesium:	22 mg
Manganese:	0.67 mg
Potassium:	151 mg
Sodium:	1 mg
Sugars:	4 gm

STRAWBERRIES

Nutritive Values: per 100 gm.

Glycemic Index:	40 (low)
Calories:	30
Protein:	0.7 gm
Carbohydrates:	7 gm
Total fats:	0.4 gm
Fiber:	1.1 gm
Vitamin C:	56.6 mg
Calcium:	14.1 mg
Folate:	17.1 mcg
Iron:	0.4 mg
Magnesium:	10.7 mg
Manganese:	0.3 mg
Potassium:	165.5 mg
Sodium:	0.9 mg

MANGOS

Nutritive Values: per 100 gm.

Glycemic Index:	51 (low)
Calories:	71
Protein:	0.55 gm
Carbohydrates:	18 gm
Total fats:	0.3 gm
Fiber:	2 gm
Vitamin A:	4,241 IU
Vitamin C:	30.2 mg
Calcium:	13.2 mg
Magnesium:	12 mg
Potassium:	198 mg
Trace amounts of manganese, iron, sodium, and phosphorus.	

BLACKBERRIES

Nutritive Values: per 100 gm.

Glycemic Index:	~40 (low)
Calories:	43
Protein:	1.4 gm
Carbohydrates:	14 gm
Total fats:	0.5 gm
Fiber:	5.3 gm
Vitamin C:	21 mg
Calcium:	29 mg
Folate:	25 mcg
Iron:	0.6 mg
Magnesium:	20 mg
Manganese:	0.6 mg
Potassium:	162 mg
Sodium:	0.7 mg
Sugars:	4.9 gm