

All Fruit at 1/2 cup each	Total Calories	Fat (G)	Saturated Fat (G)	Trans Fat (G)	Cholesterol (Mg)	Carbs (G)	Sugar (G)	Sodium (Mg)	Fiber (G)	Protein (G)		Calories	Carb	Sugar	Sodium	
Fresh Apple	70	0	0			18		0		0		all 4oz				
Fresh Apple Slices	70	0	0			18		0		0		Juice				
Fresh Baby Carrots	50	0	0			12		90		1		Cranberry Rasp	60	14g	12g	10mg
Fresh Banana	110	0	0			27		0		1		Fruit Punch	60	15g	14g	5mg
Fresh Broccoli	25	0	0			6		0		2		grape	80	20g	19g	10mg
Fresh Cantaloupe	30	0	0			7		15		1		Orange Tangerin	60	15g	13g	10mg
Fresh Cauliflower	15	0	0			2		15		1		Strawberry Kiwi	60	14g	12g	10mg
Fresh Celery Sticks	0	0	0			4		60		0		Very Berry	60	17g	15g	10mg
Fresh Clementine	35	0	0			9		0		1						
Fresh Cucumbers	0	0	0			1		5		0						
Fresh Grapes	60	0	0			18		0		0						
Fresh Grape Tomatoes	15	0	0			3.5		5		1						
Fresh Green Peppers	15	0	0			4		0		1						
Fresh Honeydew	40	0	0			10		0		0						
Fresh Mixed Fruit	40	0	0			10		0		0						
Fresh Orange	90	0.5	0			21		0		2						
Fresh Pear	90	0	0			25		0		0						
Fresh Pineapple	40	0	0			10		0		0.5						
Fresh Red Peppers	25	0	0			4.5		2.5		1						
Fresh Watermelon	23	0	0			6		0		0						
Fresh Strawberries						6g										
Steamed Broccoli	25	0	0			5		0		2						
Steamed Brown Rice	170	1.5	0			36		0		4						
Steamed Carrots	30	0	0			7		45		1						
Steamed Cauliflower	10	0	0			2		10		1						
Steamed Corn	80	1	0			20		5		3						
Steamed Green Beans	30	0	0			3		0		1						
Steamed Green Peas	70	0	0			12		80		5						
Steamed Vegetable Medley	20	0	0			4		20		0.5						
honey dew						8g										
Black Beans	100	0	0			18		520		7						
Fat Free Chocolate Milk	110	0	0	0	0	19g	18g	210mg	18g	8g						
1% White Milk	100					11g	11g	120mg	11g	8g						
Fat Free White Milk	80					11g	11g	120mg	11g	8g						