

Vegetables	Serving Size	Calories	Dietary Fiber (grams)	Protein (grams)
Asparagus	5 spears	20	2	2
Bell Pepper	1 medium	25	2	1
Broccoli	1 medium stalk	45	3	4
Carrot	1, 7" long 1 1/4 dia.	30	2	1
Cauliflower	1/6 medium head	25	2	2
Celery	2 stalks	15	2	0
Cucumber	1/3 medium	10	1	1
Green (snap) Beans	3/4 cup cut	20	3	1
Green Cabbage	1 /12 medium head	25	2	1
Green Onion	1/4 cup chopped	10	1	0
Leaf Lettuce	1 1/2 cups shredded	15	1	1
Mushrooms	5 medium	20	1	3
Onion	1 medium	45	3	1
Radishes	7 radishes	10	1	0
Summer Squash	1/2 medium	20	2	1
Sweet Potato	1 medium 5" long, 2" dia.	100	4	2
Tomato	1 medium	25	1	1

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Fruit	Serving Size	Calories	Dietary Fiber (grams)	Protein (grams)
Apple	1 large	130	5	1
Avocado	1/5 medium	50	1	1
Banana	1 medium	110	3	1
Cantaloupe	1/4 medium	50	1	1
Grapefruit	1/2 medium	60	2	1
Grapes	3/4 cup	90	1	0
Honeydew Melon	1/10 medium melon	50	1	1
Kiwifruit	2 medium	90	4	1
Lemon	1 medium	15	2	0
Lime	1 medium	20	2	0
Nectarine	1 medium	60	2	1
Orange	1 medium	80	3	1
Peach	1 medium	60	2	1
Pear	1 medium	100	6	1
Pineapple	2 slices, 3" dia. 3/4" thick	50	1	1
Plums	2 medium	70	2	1
Strawberries	8 medium	50	2	1
Sweet Cherries	21 cherries	100	1	1
Tangerine	1 medium	50	2	1
Watermelon	2 cups diced pieces	80	1	1

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