

FRUIT

ITEM	PORTION SIZE	CARB. COUNT (g)	CALORIE COUNT
APPLE: CND. SLC. WATERPACK	1/2 CUP	8	33
APPLE: SLC. FROZEN, UNSWT.	1/2 CUP	12.36	48
APPLE: WHOLE: 125-138 COUNT	1/2 EACH	10.29	39
APPLESAUCE: CND. UNSWT.	1/2 CUP	15	50
APRICOT: CND. HALVES	1/2 CUP	14	60
BANANAS: 100-120 COUNT	1 EACH	26.95	105
BLUEBERRIES	1/2 CUP	13.8	58
CANTALOUPE: CUBES	1/2 CUP	6.53	27
CHERRY: RED TART	1/2 CUP	15	60
FRUIT COCKTAIL: CND.	1/2 CUP	19	80
FRUIT MIX: CND. IN LITE SYRUP	1/2 CUP	18	80
GRAPES	1/2 CUP	7.89	31
HONEYDEW: CUBES	1/2 CUP	7.73	31
JICAMA: STICKS	1/2 CUP	10.1	38
KIWI: FRESH	1 EACH	11.14	46
ORANGE	1 EACH	15.66	63
ORANGE: MANDARIN: CND.	1/2 CUP	17	70
ORANGE SMILES	4 WEDGES	7.83	31
PEACHES:CND.	1/2 CUP	14	60
PEARS: CND.	1/2 CUP	20	80
PINEAPPLE: TIDBITS: CND.	1/2 CUP	15	60
STRAWBERRIES: FROZEN	1/2 CUP	29.28	108
WATERMELLON	1/2 CUP	5.74	23