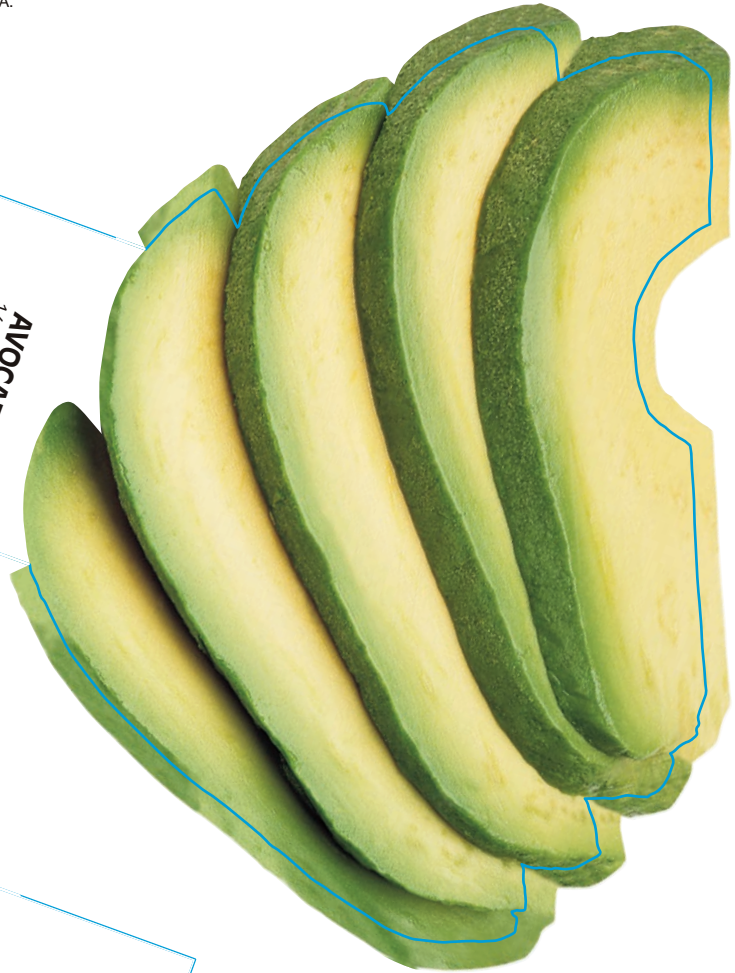
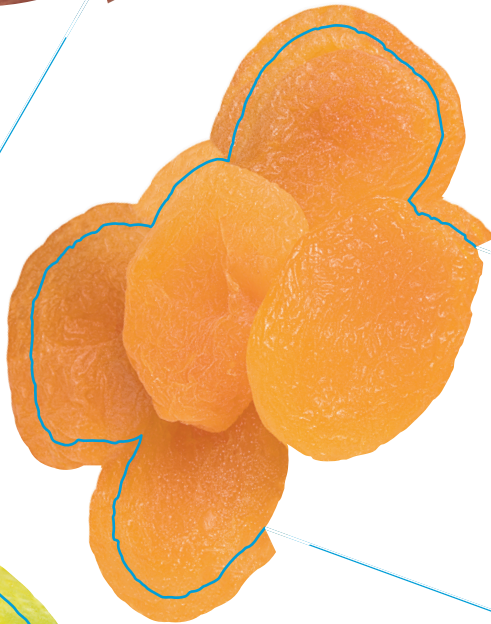


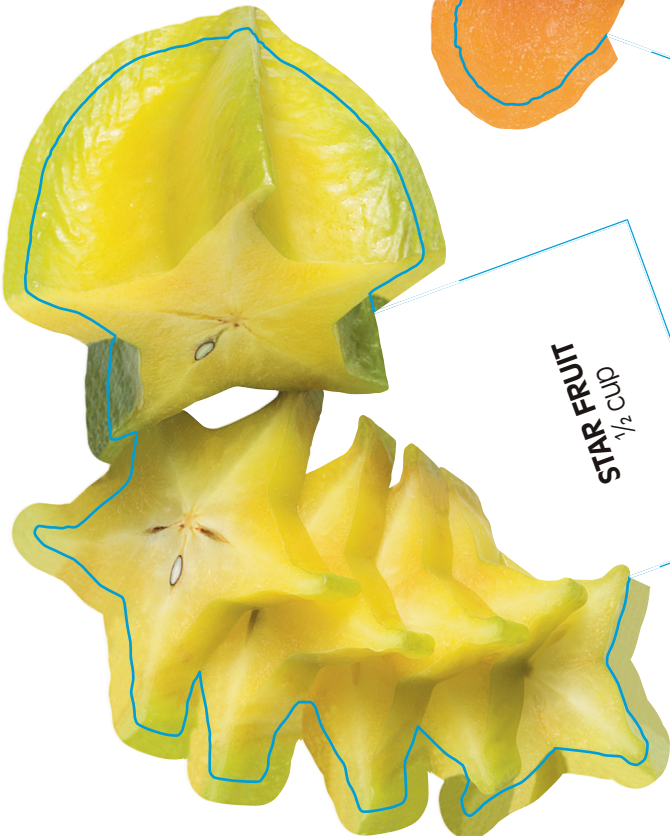
APPLE
1 small



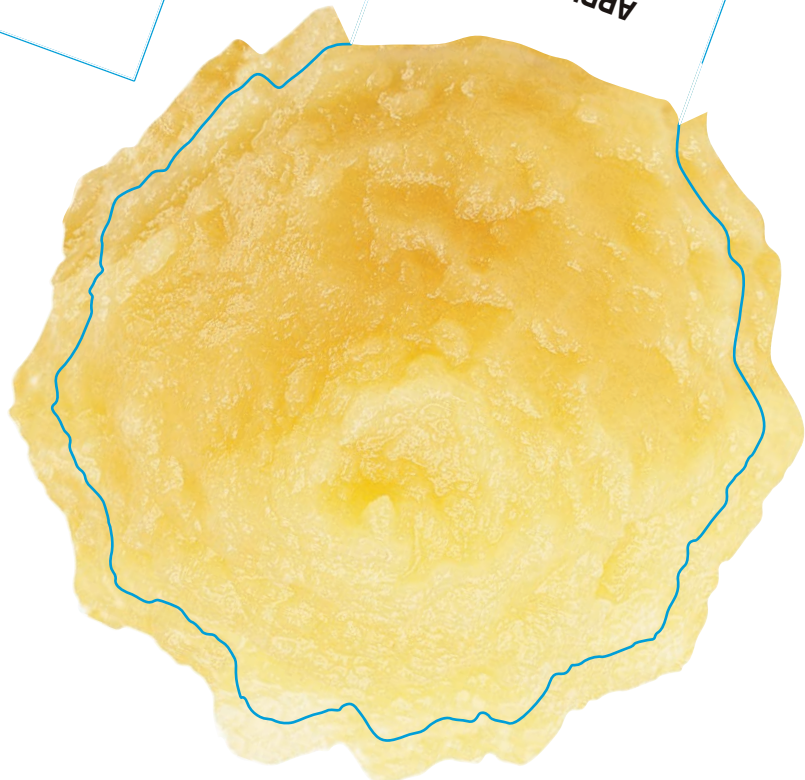
AVOCADO
 $\frac{1}{2}$ medium



DRIED APRICOTS
 $\frac{1}{4}$ cup



STARFRUIT
 $\frac{1}{2}$ cup



APPLESAUCE
 $\frac{1}{2}$ cup

Avocado
Serving Size 1/2 medium (115g)

Amount Per Serving
Calories 160

Total Fat	15g	30%	17g	0%
Saturated Fat	2g	4%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	5mg	10%	0mg	0%
Sodium	9g	18%	10mg	20%
Total Carbohydrate	7g	14%	Less than 1g	0%
Dietary Fiber	0g	0%	0g	0%
Total Sugars	2g	4%	0mg	0%
Added Sugars	0mg	0%	0mg	0%
Protein	2g	4%	0mg	0%
Vitamin D	0.6mg	12%	0.6mg	10%
Calcium	490mg	98%	560mg	112%
Iron				
Potassium				

Sliced 1/2 medium (total) Pured 1/2 cup (115g)

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Apple
Serving Size 1 small (149g)

Amount Per Serving
Calories 80

Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	21g	42%	8g	16%
Dietary Fiber	Ag	0%	Less than 1g	0%
Total Sugars	15g	30%	0g	0%
Added Sugars	0g	0%	0g	0%
Protein	Less than 1g	0%	0g	0%
Vitamin D	0mg	0%	0mg	0%
Calcium	10mg	20%	0mg	0%
Iron	0.2mg	4%	0mg	0%
Potassium	160mg	32%	0mg	0%

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Dried Apricots
Serving Size 1/4 cup (49g)

Amount Per Serving
Calories 80

Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	21g	42%	8g	16%
Dietary Fiber	2g	4%	0g	0%
Total Sugars	18g	36%	0g	0%
Added Sugars	0g	0%	0g	0%
Protein	1g	2%	0g	0%
Vitamin D	0mg	0%	0mg	0%
Calcium	20mg	40%	0mg	0%
Iron	0.9mg	18%	0mg	0%
Potassium	380mg	76%	0mg	0%

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Applesauce
Serving Size 1/2 cup (122g)

Amount Per Serving
Calories 50

Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	14g	28%	5g	10%
Dietary Fiber	1g	2%	0g	0%
Total Sugars	11g	22%	0g	0%
Added Sugars	0g	0%	0g	0%
Protein	0g	0%	0g	0%
Vitamin D	0mg	0%	0mg	0%
Calcium	10mg	20%	0mg	0%
Iron	0.3mg	6%	0mg	0%
Potassium	90mg	18%	0mg	0%

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Starfruit
Serving Size 1/2 cup (166g)

Amount Per Serving
Calories 20

Total Fat	0g	0%	0g	0%
Saturated Fat	0g	0%	0g	0%
Trans Fat	0g	0%	0g	0%
Cholesterol	0mg	0%	0mg	0%
Sodium	0mg	0%	0mg	0%
Total Carbohydrate	4g	8%	0g	0%
Dietary Fiber	2g	4%	0g	0%
Total Sugars	3g	6%	0g	0%
Added Sugars	0g	0%	0g	0%
Protein	Less than 1g	0%	0g	0%
Vitamin D	0mg	0%	0mg	0%
Calcium	0mg	0%	0mg	0%
Iron	0.1mg	2%	0mg	0%
Potassium	30mg	6%	0mg	0%

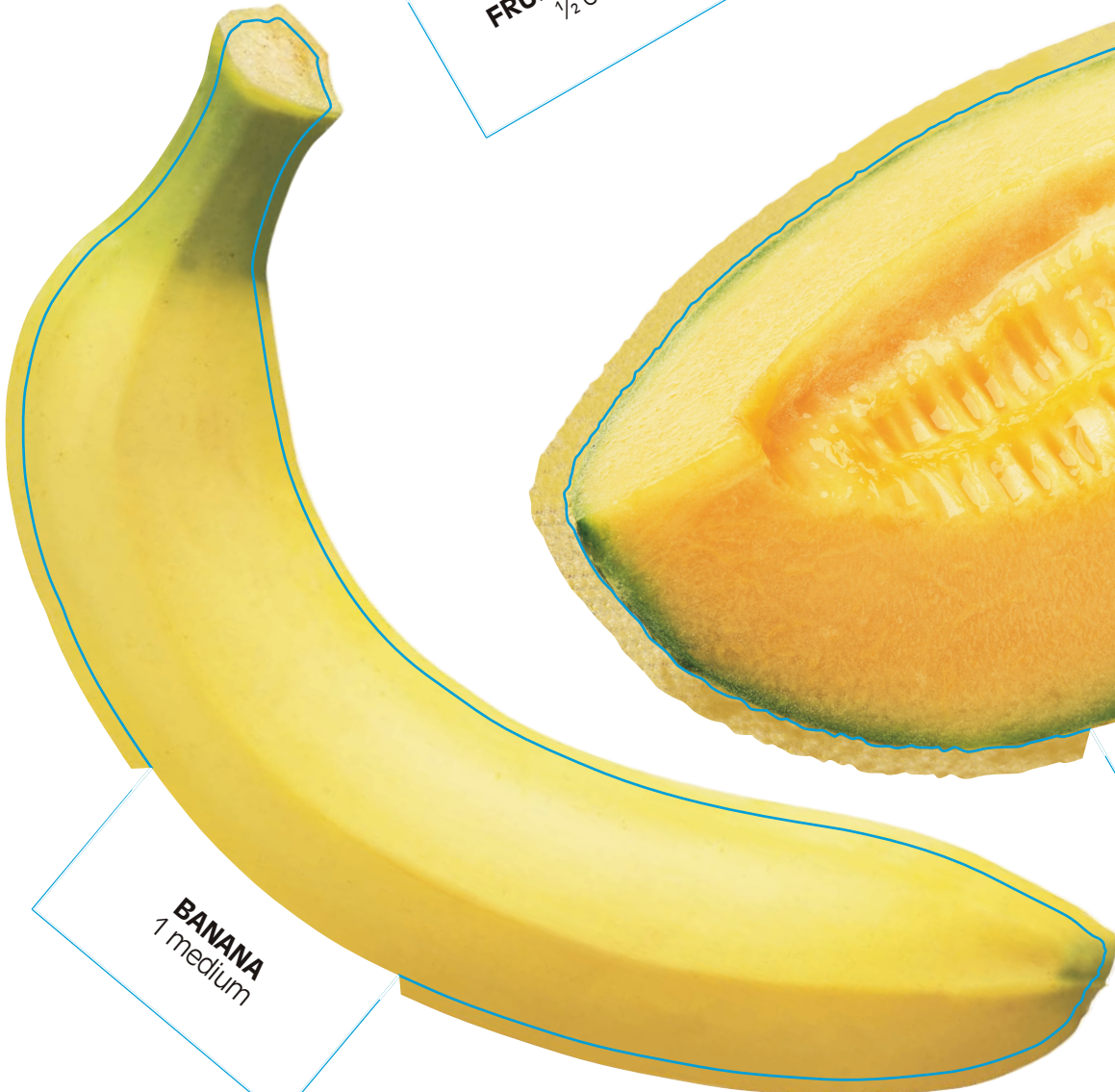
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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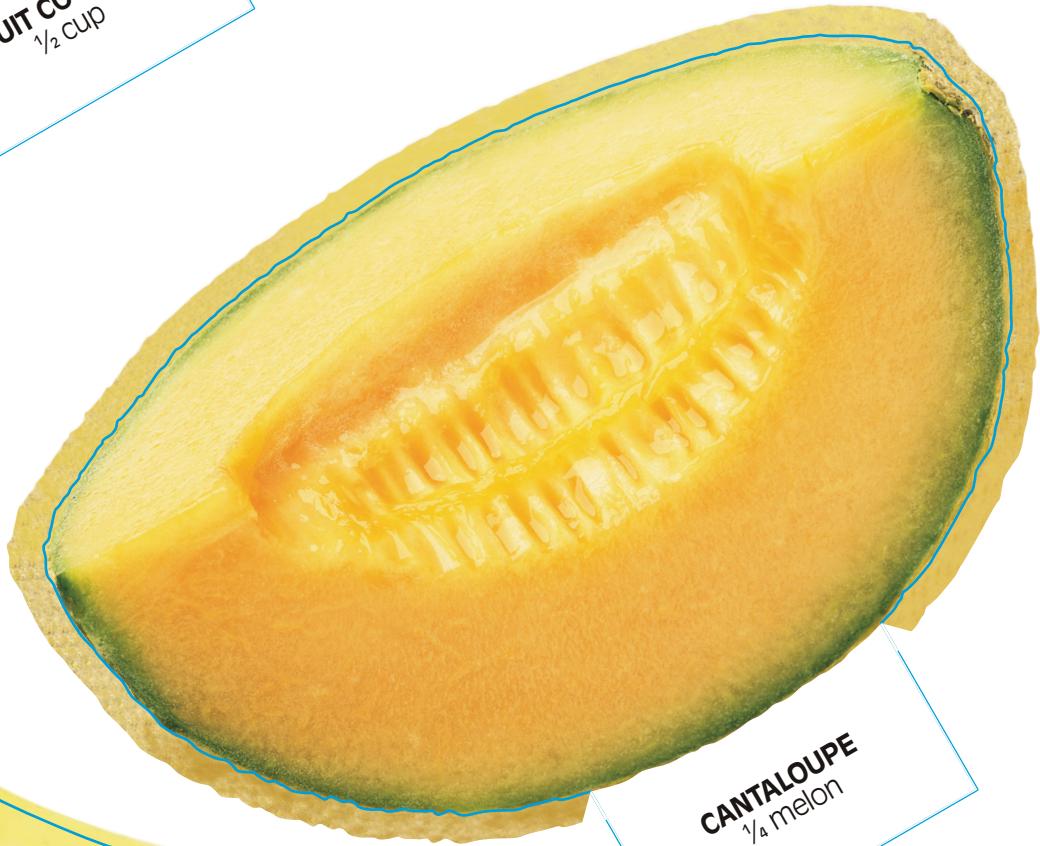
FRUIT COCKTAIL
½ cup



BLUEBERRIES
½ cup



BANANA
1 medium



CANTALOUPE
¼ melon



Blueberries	
Serving Size 1/2 cup (74g)	
Amount Per Serving	
Calories	40
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	4%
Sodium 0mg	6%
Total Carbohydrate 11g	0%
Dietary Fiber 2g	
Total Sugars 7g	
Added Sugars 0g	
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 0mg†	
Iron 0.2mg†	
Potassium 55mg†	

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Fruit Cocktail		
Serving Size		
Amount Per Serving		
Calories	60	90
Total Fat 0g	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g	0%	0%
Cholesterol 0g	0%	0%
Sodium 0g	0%	0%
Total Carbohydrate 14g	0%	0%
Dietary Fiber 5mg		
Total Sugars 1g		
Added Sugars 13g		
Protein Less than 1g	**	**
Vitamin D 10mcg†		
Calcium 0.3mg†		
Iron 0.3mg†		
Potassium 115mg		

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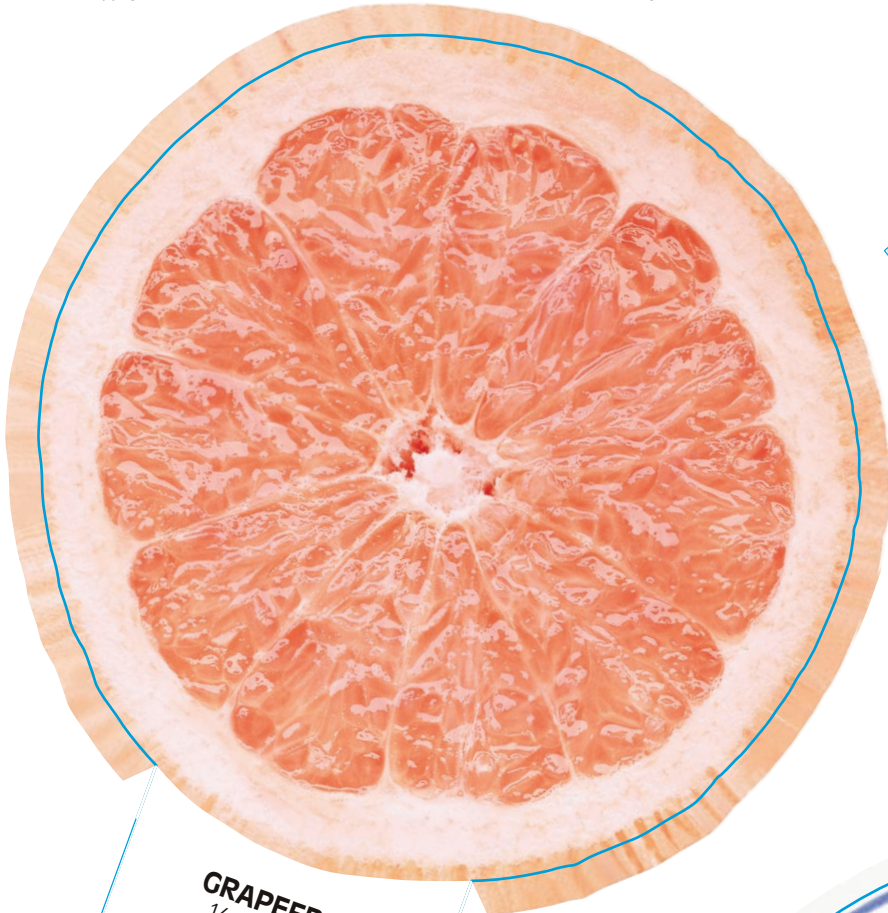
Cantaloupe	
Serving Size 1/4 melon (133g)	
Amount Per Serving	
Calories	45
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	0%
Total Carbohydrate 11g	1%
Dietary Fiber 1g	
Total Sugars 11g	
Added Sugars 0g	
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.3mg†	
Potassium 370mg	

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Banana	
Serving Size 1 medium (130g)	
Amount Per Serving	
Calories	110
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 27g	1%
Dietary Fiber 3g	
Total Sugars 14g	
Added Sugars 0g	
Protein 1g	
Vitamin D 0mcg†	
Calcium 10mg†	
Iron 0.3mg†	
Potassium 420mg	

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GRAPEFRUIT
½ medium



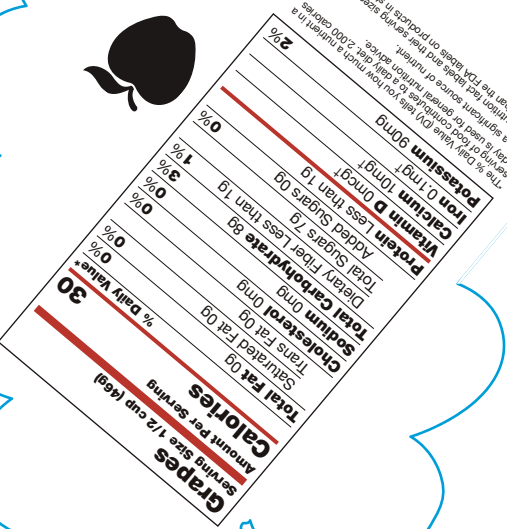
GRAPE
½ cup



NECTARINE
1 medium



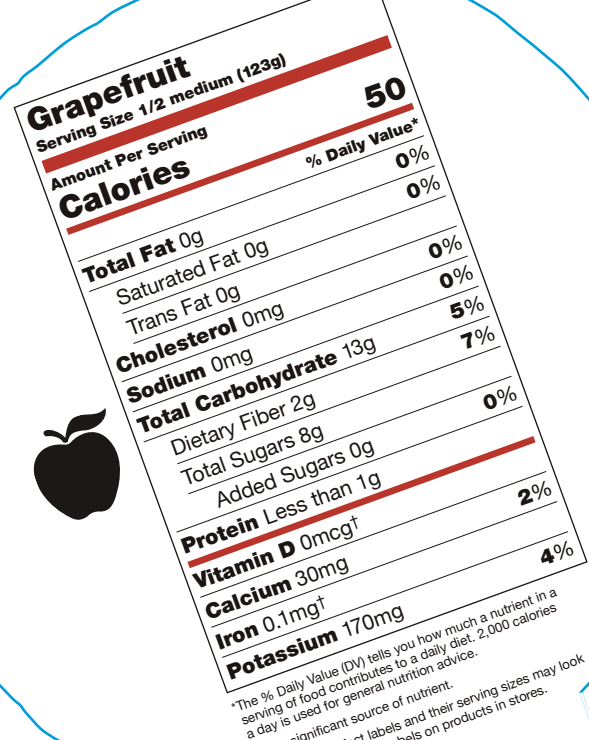
LYCHEE
½ cup



Grapes
Serving Size 1/2 cup (69g)
Amount Per Serving
Calories 30

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber Less than 1g	0%
Total Sugars 7g	1%
Added Sugars 0g	0%
Protein Less than 1g	0%
Iron 0.1mg†	2%
Calcium 0mg‡	0%
Potassium 90mg	2%

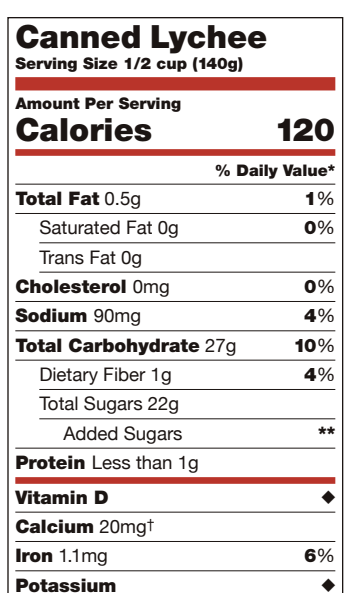
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
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Grapefruit
Serving Size 1/2 medium (123g)
Amount Per Serving
Calories 50

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 8g	0%
Added Sugars 0g	0%
Protein Less than 1g	2%
Vitamin D 0mcg†	4%
Calcium 30mg	0%
Iron 0.1mg†	2%
Potassium 170mg	4%


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Canned Lychee
Serving Size 1/2 cup (140g)
Amount Per Serving
Calories 120

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 22g	**
Added Sugars	**
Protein Less than 1g	
Vitamin D	◆
Calcium 20mg†	6%
Iron 1.1mg	6%
Potassium	◆

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**See manufacturer's label.
◆Data not available for nutrient.
†Not a significant source of nutrient.
‡These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



Nectarine
Serving Size 1 medium (142g)
Amount Per Serving
Calories 60

	% Daily Value*
Total Fat Less than 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	9%
Total Sugars 11g	0%
Added Sugars 0g	0%
Protein 2g	2%
Vitamin D 0mcg†	6%
Calcium 10mg†	0%
Iron 0.4mg	0%
Potassium 290mg	6%

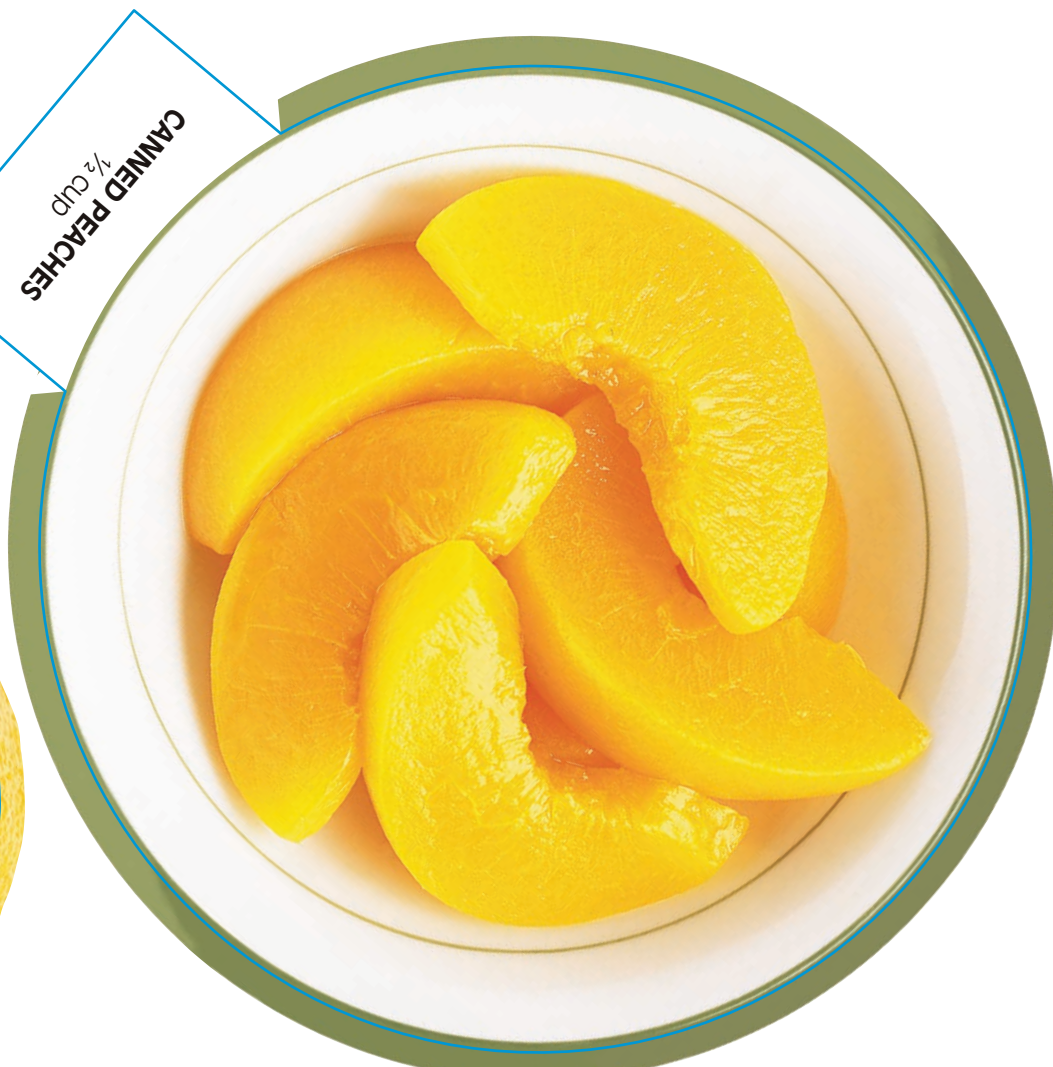
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‡These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



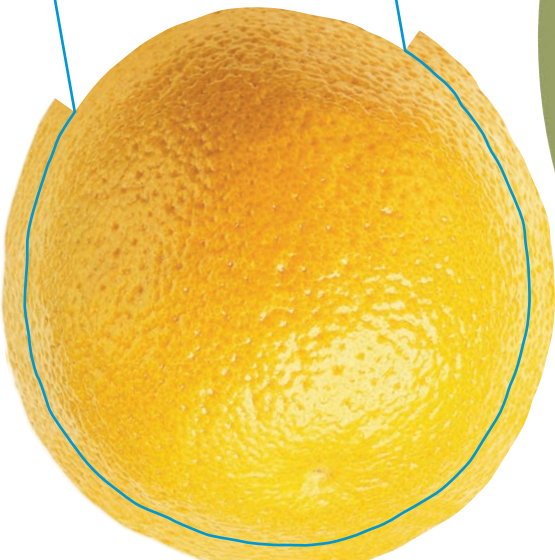
DRIED APPLE RINGS
5 rings



ORANGE JUICE
½ cup



CANNED PEACHES
½ cup



ORANGE
1 fruit



Orange Juice
Serving Size 1/2 cup (125g)
Amount Per Serving
60 Calories
% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	4%
Dietary Fiber	Less than 1g	**
Total Sugars	11g	**
Added Sugars		
Protein	0mg	0%
Vitamin D	10mg	4%
Calcium	10mg	4%
Iron	0.2mg	0%
Potassium	220mg	4%

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†Not a significant source of nutrient.
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Dried Apple Rings
Serving Size 5 Rings (32g)
Amount Per Serving
80 Calories
% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	21g	8%
Dietary Fiber	3g	10%
Total Sugars	18g	**
Added Sugars		
Protein	Less than 1g	2%
Vitamin D	0mg	0%
Iron	0.5mg	4%
Potassium	140mg	4%


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Canned Peaches
Serving Size 1/2 cup (131g)
Amount Per Serving
70 Calories
% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	4%
Dietary Fiber	2g	6%
Total Sugars	13g	6%
Added Sugars	10mg	2%
Protein	0.3mg	0%
Vitamin D	10mg	4%
Calcium	10mg	4%
Iron	0.3mg	0%
Potassium	160mg	4%

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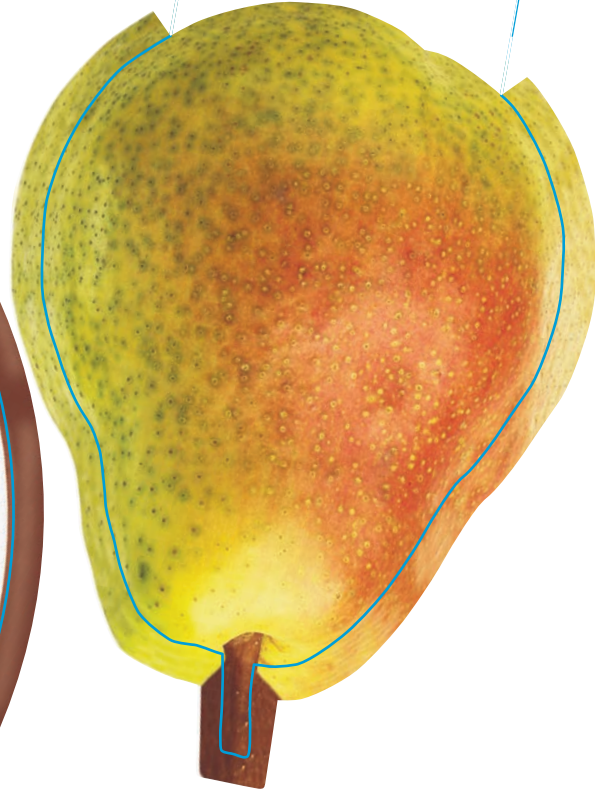
Orange
Serving Size 1 fruit (131g)
Amount Per Serving
60 Calories
% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	15g	6%
Dietary Fiber	3g	11%
Total Sugars	12g	6%
Added Sugars	0g	0%
Protein	1g	2%
Vitamin D	10mg	4%
Calcium	50mg	4%
Iron	0.1mg	0%
Potassium	240mg	6%

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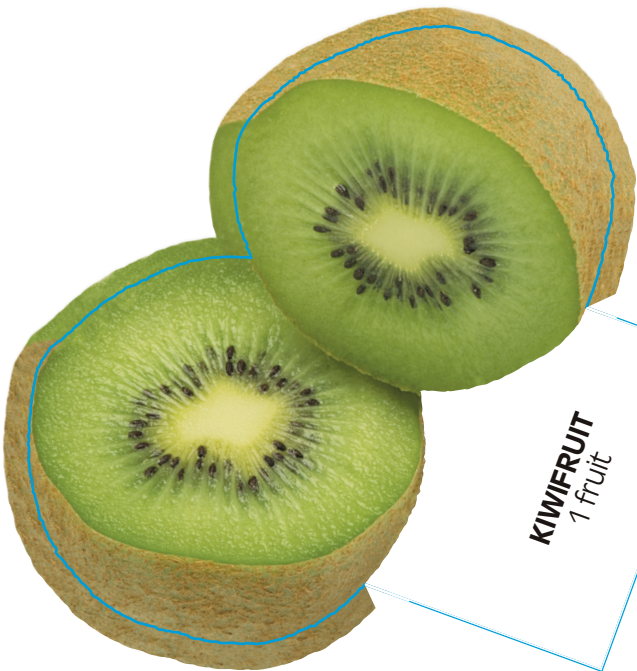
CANNED PEARS
1/2 cup




PEAR
1 medium



PINEAPPLE
1/2 cup




KIWIFRUIT
1 fruit



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Pear	
Serving Size 1 medium (178g)	
Amount Per Serving	
Calories	100
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	20%
Dietary Fiber 6g	
Total Sugars 17g	
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.3mg†	4%
Potassium 210mg	



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Canned Pears	
Serving Size	
Calories	100
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	
Total Sugars 10g	
Added Sugars 3g	7%
Protein 0g	0%
Vitamin D 0mcg†	
Calcium 0.3mg†	1%
Iron 0.3mg†	2%
Potassium 65mg	

In Heavy Syrup	
1/2 cup (133g)	
Amount Per Serving	
Calories	100
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 7g	
Total Sugars 19g	7%
Added Sugars 7g	14%
Protein 0g	0%
Vitamin D 0mcg†	
Calcium 0.3mg†	1%
Iron 0.3mg†	2%
Potassium 15g	

In Light Syrup	
1/2 cup (125.5g)	
Amount Per Serving	
Calories	70
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	
Total Sugars 19g	7%
Added Sugars 7g	14%
Protein 0g	0%
Vitamin D 0mcg†	
Calcium 0.3mg†	1%
Iron 0.3mg†	2%
Potassium 15g	

In Water	
1/2 cup (122g)	
Amount Per Serving	
Calories	35
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	
Total Sugars 10g	7%
Added Sugars 3g	7%
Protein 0g	0%
Vitamin D 0mcg†	
Calcium 0.3mg†	1%
Iron 0.3mg†	2%
Potassium 15g	




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Pineapple	
Serving Size	
Calories	40
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 11g	4%
Total Carbohydrate 1g	2%
Dietary Fiber 8g	
Total Sugars 0g	0%
Added Sugars Less than 1g	
Protein 0mcg†	
Vitamin D 10mg†	2%
Calcium 0.2mg†	0%
Iron 0.90mg	2%
Potassium 21g	

Canned	
1/2 cup (127g)	
Amount Per Serving	
Calories	100
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 26g	4%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	
Total Sugars 21g	8%
Added Sugars 21g	42%
Protein 2g	4%
Vitamin D 0.5mg†	1%
Calcium 130mg	26%
Iron 0.2mg†	0%
Potassium 21g	



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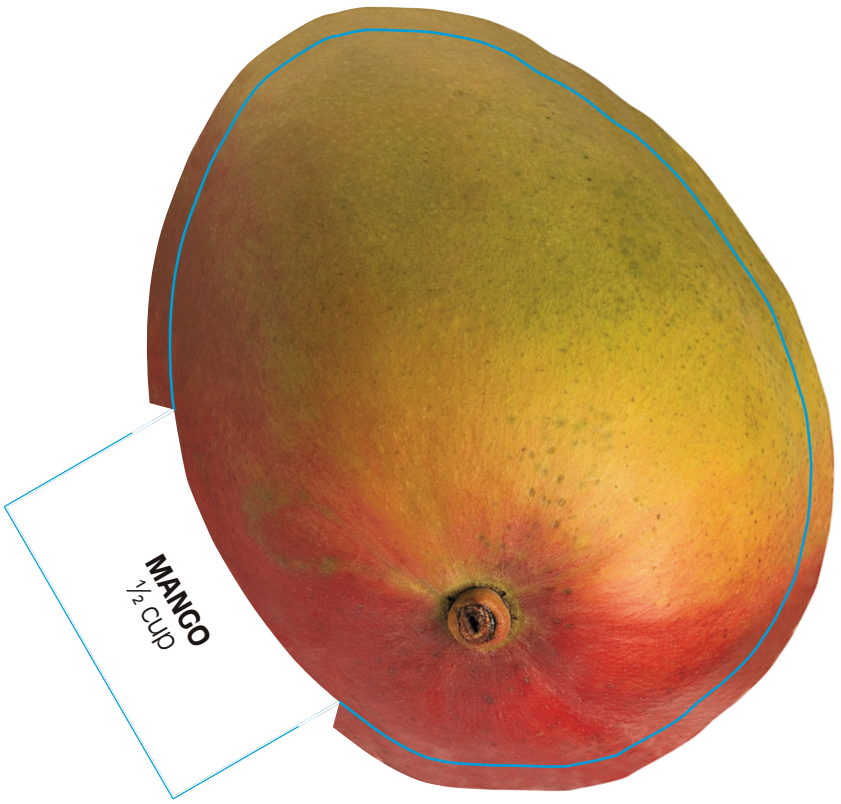
*Not a significant source of nutrient. These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.

Kiwi	
Serving Size 1 fruit (69g)	
Amount Per Serving	
Calories	40
Total Fat 0g	0% Daily Value*
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	
Total Sugars 6g	8%
Added Sugars 0g	0%
Protein Less than 1g	
Vitamin D 0mcg†	
Calcium 20mg†	
Iron 0.2mg†	
Potassium 220mg	4%

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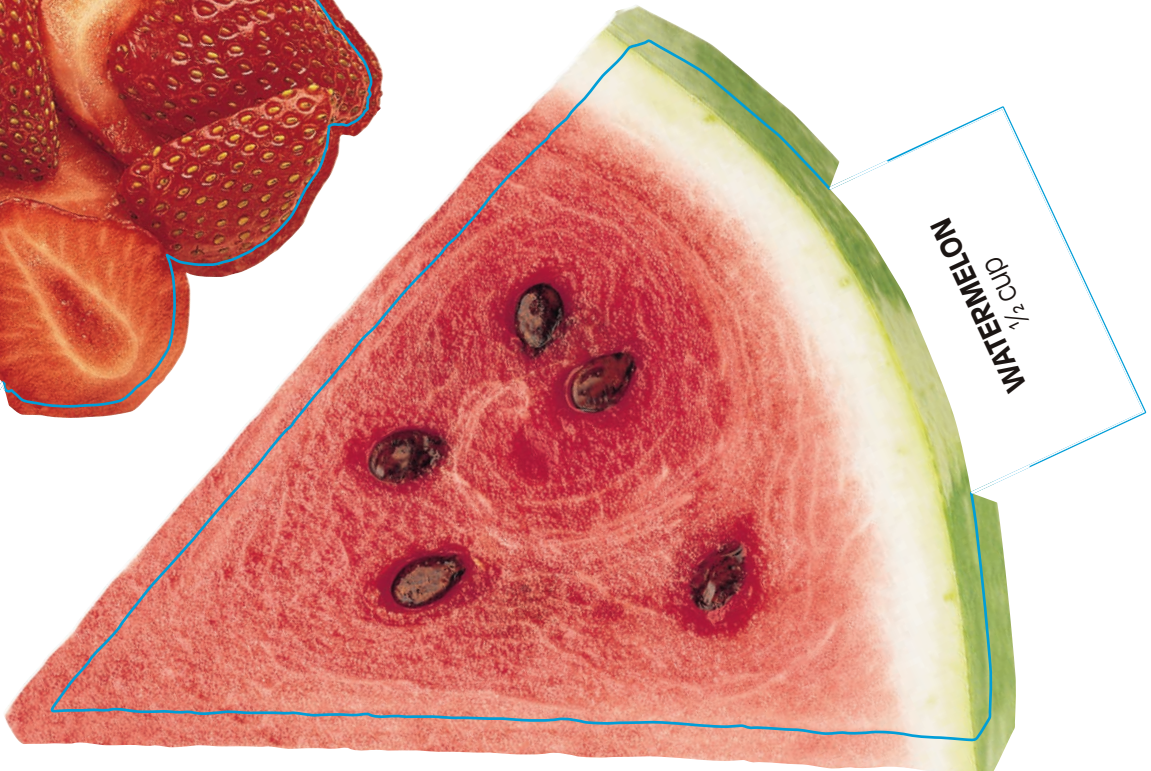
RAISINS
1/4 CUP




MANGO
1/2 CUP



STRAWBERRIES
1/2 CUP



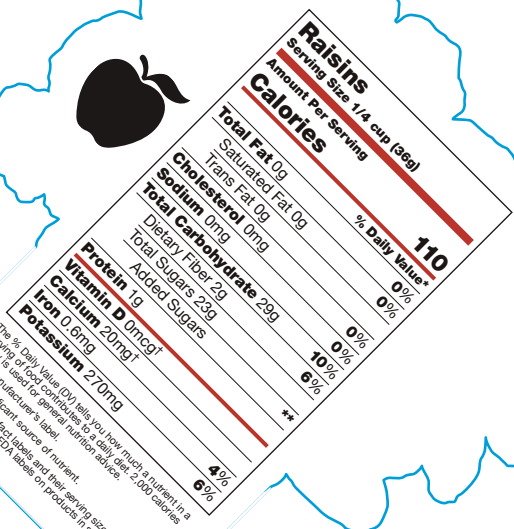
WATERMELON
1/2 CUP



Mango
Serving Size 1/2 cup (85g)
Calories

Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	2%
Total Sugars 1g	2%
Added Sugars 0g	0%
Protein Less than 1g	2%
Calcium 10mg†	0%
Iron 0.1mg†	0%
Potassium 140mg	2%

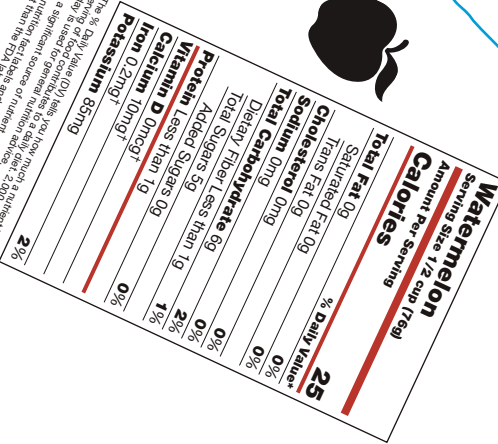
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels are based on products in stores that are different than the FDA labels on products in stores.



Raisins
Serving Size 1/4 cup (69g)
Calories

Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	4%
Total Sugars 23g	6%
Added Sugars	**
Protein 1g	2%
Vitamin D 0mcg†	0%
Iron 0.6mg	11%
Potassium 270mg	6%

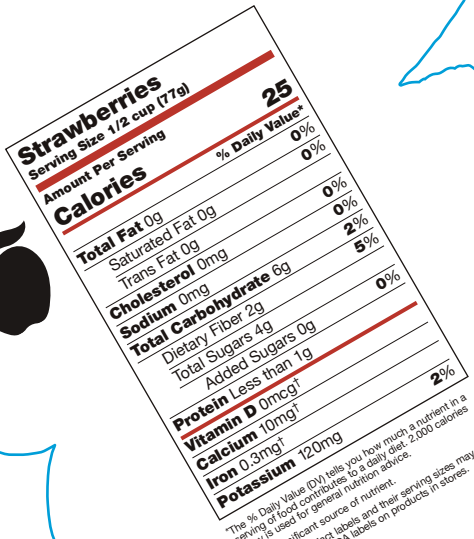
The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
**Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



Watermelon
Serving Size 1/2 cup (76g)
Calories

Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber Less than 1g	0%
Total Sugars 5g	1%
Added Sugars 0g	0%
Protein Less than 1g	2%
Calcium 0mg†	0%
Iron 0.2mg†	0%
Potassium 85mg	2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.



Strawberries
Serving Size 1/2 cup (77g)
Calories

Amount Per Serving	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 4g	8%
Added Sugars 1g	2%
Protein Less than 1g	2%
Calcium 10mg†	0%
Iron 0.3mg†	0%
Potassium 120mg	2%

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
†Not a significant source of nutrient.
These nutrition fact labels and their serving sizes may look different than the FDA labels on products in stores.