

## FRUITS

S/B Daily Intake			20gr	25gr	50gr		
FOOD	Serving	Calories	Sat.Fat	Sugar	Protien	POINTS	Pocket Guide
<b>FRUITS</b>							
Apples Fresh	1	95	0	19	0		0 Pts
Apple Fujie	1	86	0	15.9	0.3	5	0
Apricots Dried	1 Cup	314	0	69	4.4	17	4
Apricots Fresh	1 Cup	79	0	15	2.3	4	0
Avocados	1 Cup	234	3.1	1	2.9	5	2
Banana	1	105	0.1	14	1.3	5	0
Blueberries Fresh	1 Cup	85	0	15	1.1	2	0
Blueberries Frozen	3/4 Cup	80	0	13	1	4	0
	6 oz						
	12 TBL						
Blueberries Frozen	1/3 Cup	40	0	7	0	2	0
	3 oz						
	6 TBL						
Blueberries	1/4 Cup	21	0.01	3.61	0.27	1	0
	2 oz						
	4 TBL						
Blueberries	50 Berries	39	0.019	6.77	0.5	2	0
Cantaloupe	1 Cup	156	0.3	43	4.6	5	0
Cherries	1 Cup	77	0.1	13	1.6	5	0
Dates Fresh	24g	66	0	16	0	3	0
Dates Dried	1/4 Cup						7
Figs	1 Cup	279	0.1	0	1	2	
Grapes	1.5 Cup	90	0	23	1	4	0
Grapfruit Pink or Red Sections With Juice	1 Cup	52	0	8	0.9	2	0
Grapefruit medium	1	96	0	18	2	5	
Kiwi	1	42	0	6	0.8	2	0
Lemon	1	17	0	1.5	0.6	1	
Mandarin	1 Med	47	0.1	9	0.7	2	
Mango Fresh	1	201	0.3	46	2.8	11	0
Mango Frozen	1 Cup	90	0	19	1	5	0
Nectarein	1 Med	63	0	11	1.5	1	0
Oranges fresh	1	45	0	9	0.9	2	0
Peaches Can Delmonte No Sugars Added	1/2 Cup	35	0	7	0	2	
Peaches Fresh	1 Med	59	0	13	1.4	3	0
Pears Fresh	1 Med	102	0	17	0.6	5	0
Pinapple 1 Slice 3-1/2 Diamater	1 Slice	42	0	8	0.5	2	0
Pineapple Fresh Chunks	1 Cup	82	0	16	0.9	4	0
Pineapple Slices 100% Juice Can	2 Slices	60	0	14	0	4	0
Plums fresh	1	30	0	7	0.5	2	
Prunes Dried	1 Cup	418	0.2	66	3.8	20	

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Rasberries Fresh	1 Cup	65	0	5	1.5	2	0
Rasberries Frozen	1 Cup	80	0.5	6	2	3	0
Strawberries Fresh	1 Med	4	0	0.6	0.1	0	0
Strawberries Fresh W/W	1 Med	17	0	0.3	0.6	0	0
Strawberries Frozen	1 Cup	50	0	6	1	2	0
Tangerine	1 Med	47	0	9	0.7	2	0
Watermelon Diced	1 Cup	46	0	9	0.9	2	
Cranberry Sauce	1 Cup	418	0	105	1	25	
Cranberry Jelly Sauce	1 Slice	86	0	22	0.1	5	
Canalope Melon	1/2 Cup Diced	27	0	6	1	1	0
Orange							
Lemon							
TOTALS							