

## Fruits and Vegetables Nutritionals

PRODUCT	CALORIES	FAT	SAT FAT	CARBS	CHOLESTEROL	PROTEIN	FIBER
Pear Slice	84	1	0	21	0	1	1
Pineapple Tidbit	70	0	0	17	0	1	1
Canned Sliced Apples	50	0	0	12	0	0	1
Peaches	70	0	0	17	0	0	0
Applesauce	90	0	0	23	0	0	2
Mixed Fruit	70	0	0	1	0	1	1
Fruit, Fresh Apple	72	0.2	0	19.1	0	0.4	3.3
Fruit, Fresh banana	105	0.4	0.1	27	0	1.3	3.1
Fruit, Fresh pear	103	0.2	0	27.5	0	0.7	5.5
Fruit, Fresh grapes	62	0.3	0.1	15.8	0	0.6	0.8
Juice, Assorted	60	0	0	15.3	0	0	0
Salsa	5	1	0	2	0	0	0
Pork n Beans	130	1	0	22	5	6	7
Canned Peas	70	0.5	0	12	0	4	3
Corn - cob	98	1	0	0	0	3	3
Corn canned	80	1	0	17	350	2	2
Nugget Pot Round	170	10	2.5	19	0	2	2
Shoestring Fries	170	7	0.5	25	0	2	2
Yogurt-peach	110	0	0	22	0	3	0

<b>Yogurt-stb blend</b>	110	0	0	22	0	3	0
<b>Shredded Chez</b>	120	10	6	1	30	7	0
<b>Saltine Cracker</b>	50	1.5	0	0	0	1	0
<b>Broccoli</b>	26	0.1	0	4.9	0	2.9	2.8
<b>Coleslaw</b>	175	10.4	1.6	19.3	19	1.2	1.4
<b>Mashed Potatoes</b>	80	1	0	17	0	2	1
<b>Soup, Vegetable</b>	88	0.7	0.1	17.9	1	4.3	4.4
<b>Succataash</b>	69	0.5	0.1	14.7	0	3.1	2.8
<b>Sweet Pot Fries</b>	80	3.5	0	12	0	0	2
<b>Sweet Pot, glazed</b>	277	3	1.7	63.9	7	1.6	3.5
<b>Vegetable Medley</b>	22	0.3	0.1	4.4	0	1.5	2.5