

Fruit & Vegetable Nutrition Facts Chart

Search the chart below for 5 A Day serving size information as well as calories, dietary fiber, vitamin A, vitamin C, potassium, and folate content for more than 100 fruits, vegetables, and 100% juices commonly found in U.S. supermarkets. Nutrient data were obtained from the USDA Nutrient Database for Standard Reference (SR17).

 5 A Day THE COLOR WAY	5 A Day Serving Size	Weight grams	Calories	Fiber grams	Vitamin A International Units	Vitamin C milligrams	Potassium milligrams	Folate micrograms
Acorn squash, baked	½ cup, cubed	102	107	4.5	439	11	448	20
Apples	1 medium	138	72	3.3	75	6	148	4
Apple juice	¾ cup juice	186	87	0.2	2	2	221	0
Apple juice, with added vitamin C	¾ cup juice	186	87	0.2	2	77	221	0
Apricots, fresh	2 medium	70	34	1.4	1348	7	181	6
Apricots, canned, in juice	½ cup	122	59	2.0	2063	6	201	2
Apricots, dried	¼ cup	33	78	2.4	1171	0	378	3
Artichokes, cooked	1 medium	120	60	6.5	212	12	425	61
Artichoke hearts, canned	½ cup	84	42	4.5	149	8	297	43
Arugula	1 cup	20	5	0.3	475	3	74	19
Asian Pears	1 medium	122	51	4.4	0	5	148	10
Asparagus, raw	5 medium spears	80	16	1.7	605	5	162	42
Asparagus, cooked	5 medium spears	75	16	1.5	754	6	168	112
Avocado, California	1/5 medium	35	58	2.4	51	3	175	31
Bananas	1 medium	118	105	3.1	76	10	422	24
Beets, cooked	½ cup, sliced	85	37	1.7	30	3	259	68
Beet greens, cooked	½ cup	72	19	2.1	5511	18	654	10
Bell peppers, sweet, green	½ cup, chopped	75	15	1.3	276	60	130	8
Bell peppers, sweet, red	½ cup, chopped	75	19	1.5	2333	142	157	13
Bell peppers, sweet, yellow	½ cup, chopped	75	20	0.7	150	138	159	20
Blackberries, fresh	½ cup	72	31	3.8	154	15	117	18

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Blackberries, frozen	½ cup	76	48	3.8	86	2	106	26
Blueberries, fresh	½ cup	73	41	1.7	39	7	56	4
Blueberries, frozen	½ cup	78	40	2.1	36	2	42	5
Bok choy, raw	1 cup, chopped	70	9	0.7	3128	32	176	46
Bok choy, cooked	½ cup, chopped	85	10	0.8	3612	22	315	35
Boysenberries	½ cup	66	33	3.5	44	2	92	42
Broccoli, raw	½ cup chopped	44	15	1.1	290	40	139	28
Broccoli, cooked	½ cup chopped	78	27	2.6	1534	51	229	84
Brussels sprouts, cooked	½ cup, about 4 sprouts	78	28	2.0	604	48	247	47
Butternut squash, baked	½ cup	103	41	3.2	11434	16	291	19
Cabbage, green, raw	1 cup, chopped	89	21	2.0	152	29	219	38
Cabbage, green, cooked	½ cup	75	16	1.4	105	15	73	15
Cabbage, red, raw	1 cup, chopped	89	28	1.9	993	51	216	16
Cabbage, red, cooked	½ cup	75	22	1.9	25	8	196	18
Cantaloupe	½ cup, cubed	80	27	0.7	2706	30	214	17
Carambola (a.k.a. star fruit)	1 medium	91	28	2.5	56	31	121	11
Carrots, raw	1 medium	61	25	1.7	7342	4	195	12
Carrots, cooked	½ cup, sliced	78	27	2.3	13418	3	183	11
Carrots, baby, raw	8 medium	80	28	1.4	11032	7	190	26
Cauliflower, green, raw	½ cup, chopped	32	10	1.0	50	28	96	18
Cauliflower, green, cooked	½ cup, chopped	62	20	2.0	87	45	172	25
Cauliflower, white, raw	½ cup, chopped	50	12	1.2	6	23	152	28

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Cauliflower , white, cooked	½ cup, chopped	62	14	1.7	7	28	88	27
Celery , raw	2 medium stalks	80	11	1.3	359	3	208	29
Chayote , cooked	½ cup, chopped	80	19	2.2	38	6	138	14
Cherimoya	½ cup, chopped	78	58	1.8	0	9	210	14
Cherries	½ cup (about 10 cherries)	73	46	1.5	46	5	161	3
Cherry tomatoes	½ cup (about 5 tomatoes)	75	13	0.9	621	10	177	11
Chile peppers , green, raw	½ cup, chopped	75	30	1.1	884	182	255	17
Chile peppers , red, raw	½ cup, chopped	75	30	1.1	714	108	242	17
Collard greens , cooked	½ cup, chopped	95	25	2.7	7708	17	110	88
Corn , yellow, cooked	½ cup	82	89	2.3	216	5	204	38
Corn , white, cooked	½ cup	82	89	2.2	2	5	204	38
Corn-on-the-cob , yellow, cooked	Kernels from 1 medium cob	63	59	1.8	146	3	158	20
Corn-on-the-cob , white, cooked	Kernels from 1 medium cob	63	59	1.3	3	3	158	20
Cranberries , raw	½ cup whole berries	48	22	2.2	28	6	40	0
Cranberries , dried, sweetened	¼ cup	30	92	1.7	0	0	12	0
Cucumbers	½ cup, sliced	52	8	0.3	55	2	76	4
Currants , dried	¼ cup	36	102	2.4	26	2	321	4
Dates	5 dates	42	117	3.3	4	0	272	8
Eggplant , cooked	½ cup, cubed	50	17	1.2	18	1	61	7
Endive , raw	1 cup, chopped	50	8	1.6	1084	3	157	71
Figs , raw	2 medium	100	74	2.9	142	2	232	6

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Figs, dried	¼ cup (about 4 figs)	38	93	3.7	4	1	253	3
Grape juice, purple, unsweetened	¾ cup juice	190	116	0.2	15	0	250	6
Grapefruit, pink or red	½ medium	128	41	1.4	1187	44	178	13
Grapefruit, white	½ medium	118	39	1.3	39	40	175	12
Grapefruit juice, pink or red, unsweetened	¾ cup	185	72	0.3	815	70	300	19
Grapefruit juice, white, unsweetened	¾ cup	185	72	0.2	61	71	300	19
Grapes, green	½ cup (~15 grapes)	77	53	0.7	51	8	147	2
Green beans, raw	½ cup	55	17	1.9	380	9	115	20
Green beans, cooked	½ cup	63	22	2.0	438	6	91	21
Guava	1 fruit	55	37	3.0	343	126	229	27
Honeydew melon	½ cup, cubed	89	32	0.7	44	16	202	17
Jalepeño peppers, raw	½ cup, sliced	45	14	1.3	360	20	97	21
Jicama	½ cup, sliced	60	23	2.9	13	12	90	7
Kale, cooked	½ cup, chopped	65	18	1.3	8854	27	148	8
Kiwifruit	1 large	91	56	3.1	159	68	302	35
Lemons	1 medium	58	17	1.6	13	31	80	6
Lettuce, Bibb (a.k.a. Boston)	1 cup, shredded	55	7	0.6	1822	2	131	40
Lettuce, iceberg	1 cup, shredded	72	10	0.9	361	2	102	21
Lettuce, green leaf	1 cup, shredded	36	5	0.5	2666	7	70	14
Lettuce, red leaf	1 cup, shredded	28	4	0.3	2098	1	52	10
Lettuce, Romaine	1 cup, shredded	47	8	1.0	2729	11	116	64

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Limes	1 medium	67	20	1.9	34	20	68	5
Mandarin orange segments, in light syrup	½ cup	126	77	0.9	1058	25	98	6
Mangos	½ cup (about 1/3 of a medium fruit)	83	54	1.5	631	23	129	12
Mushrooms, raw	½ cup, chopped	35	8	0.4	0	1	110	6
Mustard greens, raw	1 cup	56	15	1.8	5880	39	198	105
Mustard greens, cooked	½ cup	70	10	1.4	4426	18	141	51
Napa cabbage, cooked	½ cup, chopped	55	7	0.8	143	2	47	23
Nectarines	1 medium fruit	136	60	2.3	452	7	273	7
Okra, cooked	½ cup (~ 4 pods)	50	16	1.6	188	11	152	44
Olives, black	¼ cup, whole	34	39	1.1	135	0	3	0
Onions, white	½ cup, chopped	80	34	1.1	2	5	115	15
Onions, green/scallions	½ cup, chopped	50	16	1.3	498	9	138	32
Oranges	1 medium	131	62	3.1	295	70	237	39
Orange juice, fresh	¾ cup	187	84	0.4	372	93	372	56
Orange juice, from concentrate	¾ cup	187	82	0.4	146	61	355	34
Papayas	½ cup, cubed	70	27	1.3	766	43	180	27
Parsnips, cooked	½ cup, sliced	78	55	2.8	0	10	286	45
Peaches	1 medium	98	38	1.5	319	7	186	4
Pears	1 medium	166	96	5.1	38	7	198	12

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Peas, cooked	½ cup	80	67	4.4	641	11	217	50
Persimmons, Japanese-style	1 medium	168	118	6.0	2733	13	270	13
Pineapple, fresh, traditional varieties	½ cup, chopped	78	35	1.0	40	13	97	9
Pineapple, fresh, extra sweet varieties	½ cup, chopped	78	40	1.1	44	44	84	15
Pineapple, canned, in its own juices	½ cup, chunks	91	54	1.2	45	9	112	5
Pineapple juice, canned, without added vitamin C	¾ cup juice	188	105	0.4	9	20	252	43
Pineapple juice, canned, with added vitamin C	¾ cup juice	188	105	0.4	9	45	252	43
Plantains, cooked	½ cup, sliced	77	89	1.8	700	8	358	20
Plums	2 medium fruit	132	61	1.8	455	13	207	7
Plums, dried (a.k.a. prunes)	¼ cup, ~ 5 prunes	43	102	3.0	332	0	311	2
Pomegranates	1 medium	154	105	0.9	166	9	399	9
Potatoes, baked, flesh and skin	½ cup	61	57	1.3	6	6	326	17
Potatoes, baked, flesh only	½ cup	61	57	0.9	0	8	239	5
Prune juice	¾ cup	192	136	1.9	6	8	530	0
Pummelo	½ cup, slices	95	36	0.9	8	58	205	-
Pumpkin, canned	½ cup	123	42	3.6	19065	5	252	15
Pumpkin, cooked from fresh	½ cup, boiled	123	24	1.3	6115	6	282	0

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Quince	1 medium	92	52	1.7	37	14	181	3
Radicchio, raw	1 cup, shredded	40	9	1.4	11	3	121	24
Radishes	½ cup, sliced, ~10 medium radishes	58	9	0.9	4	9	135	14
Raisins	¼ cup	42	123	1.5	0	1	309	2
Raspberries	½ cup	62	32	4.0	20	16	93	13
Rhubarb, raw	1 cup, diced	122	26	2.2	124	10	351	9
Rutabagas, cooked	½ cup, mashed	120	47	2.2	2	23	391	18
Shallots	½ cup, chopped	80	58	1.2	952	6	267	27
Snow pea pods, raw	1 cup, whole	63	26	1.6	685	38	126	26
Snow pea pods, cooked	½ cup, whole	80	34	2.2	824	38	192	23
Spinach, raw	1 cup, packed leaves	30	7	0.7	2813	8	167	58
Spinach, cooked	½ cup	90	21	2.2	9433	9	419	131
Strawberries, fresh	½ cup, sliced	83	27	1.7	10	49	127	20
Strawberries, fresh	½ cup, whole	72	23	1.4	9	42	110	17
Strawberries, frozen	½ cup, whole	75	26	1.6	34	31	110	13
Sweet potatoes, raw	½ cup, sliced	67	57	2.0	9434	2	224	7
Sweet potatoes, baked	½ cup, mashed	100	90	3.3	19218	20	475	6
Swiss chard, cooked	½ cup, chopped	88	18	1.8	5358	16	480	8
Sun-dried tomatoes	¼ cup	14	35	1.7	118	5	463	9
Tangerines	1 medium	84	45	1.5	572	22	139	13
Tomatoes, orange	1 medium	123	20	1.1	1840	20	261	36

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Tomatoes, red	1 medium	123	22	1.5	1025	16	292	18
Tomatoes, yellow	1 medium	123	18	0.9	0	11	317	37
Turnips, cooked	½ cup, mashed	115	25	2.3	0	13	204	10
Watercress	1 cup	34	4	0.2	1598	15	112	3
Watermelon	½ cup, cubed	77	23	0.3	438	6	86	2
Yam, cooked	½ cup, cubed	68	79	2.7	83	8	456	11
Yellow snap beans, raw	½ cup	55	17	1.9	59	9	115	20
Yellow snap beans, cooked	½ cup	63	22	2.1	51	6	187	21
Zucchini squash, raw	½ cup, sliced	57	9	0.6	113	10	148	16
Zucchini squash, cooked	½ cup, sliced	90	14	1.3	1005	4	228	15



The 5 A Day The Color Way logo reminds us to eat at least five servings of fruits and vegetables each day, and to strive to eat one fruit or vegetable from each color group each day. The fruits and vegetables in this chart are color-coded to correspond with the five Color Way color groups:

- RED**
- ORANGE/YELLOW**
- WHITE**
- BLUE/PURPLE**
- GREEN**