

Whole Food unless stated	grams	Calories	k from fat grams	Fat grams	Carb grams	Protein grams	Fiber grams	Calcium mg	Iron mg	Folic Acid	Magn mg	Potass mg	Beta-Caro	Vita A IU	Vita C mg	Vita E mg	Sodium mg
apple	170 g	81	4	0.5	21	0.26	4	10	0.25	4	7	159	28	7	8	0.66	2
apricot	35 g	17	1	0.14	4	0.49	0.85	5	0.19	3	3	105	550	92	4	0.47	0
asian pear	275g	115	5.3	0.6	29.3	1.4	9.9	11	0		22	333		0	10.5	0.3	0
basil (1/4 cup)	6g	1	0.3	0	0.2	0.2	0.1	10.6	0.2		3.8	17.7		317	1.1	0	0.2
beet	82 g	35	1	0.11	8	1	2	13.1	0.8	101	18.9	267	15	27.1	4	0	128
blackberries (1 cup)	144g	62	5.9	1	15	2	7.6	41.8	0.9		28.8	233		308	30.2	1.7	1.4
blueberries (1 cup)	148 g	84	4.1	0.5	21.4	1.1	3.6	8.9	0.4		8.9	114		79.9	14.4	0.8	1.5
broccoli	114g	32	3.3	0.4	6	3.4	0	54.7	1		28.5	371		456	106	0	30.8
butternut squash (1 cup)	140g	63	1.2	0.1	16.4	1.4	2.8	67.2	1		47.6	493		14883	29.4	2	5.6
cabbage	703 g	227	22	2	49	13	21	427	5	390	136	2234	708	118	292	1	163
cantaloupe	545 g	200	0	0	48	4	4	80	1	0	0	1120	11928	2000	192	0	88
carrot (large)	72 g	31	1	0.14	7	0.74	2	19	0.36	10	11	233	9843	2025	7	0.49	50
celery	40 g	6	0.5	0.06	1	0.3	0.68	16	0.16	11	4	115	31	5	3	0.21	32
cherry	8 g	5	0.59	0.07	1	0.08	0.16	1	0.03	0.29	0.75	15	8	1	0.48	0.01	0
cilantro (1/4 c)	4g	1	0.2	0	0	0.1	0.1	2.7	0.1		1	20.8		270	1.1	0.1	1.8
cranberry (.5 c)	50 g	23	0.85	0.1	6	0.19	2	3	0.1	0.81	2	34	14	2	6	0.07	1
cucumber	280 g	39	4	0.39	8	2	2	42	0.78	39	33	433	379	63	16	0.36	6
fennel bulb	234 g	73	4	0.47	17	3	7	115	2	63	40	969	183	30	28	0	122
garlic clove	3g	4	0.1	0	1	0.2	0.1	5.4	0.1		0.7	12		0.3	0.9	0	0.5
ginger	2 g	2	0.16	0.02	0.38	0.04	0.05	0.45	0.01	0.28	1	10	0	0	0.13	0.01	0
grape (1 cup)	92g	62	2.7	0.03	16	0.6	1	12.9	0.3	10	4.6	176	100	92	3.7	0.2	1.8
grapefruit	246 g	92	2	0.24	24	1.25	3	27	0.2	24	22.2	362	22	638	94	0	2
green onion	12g	3	0.1	0	0.7	0.2	0.4	7.3	0.2		2.4	31.2		480	5.5	0	0.5
honeydew	1280 g	461	15	2	116	7	10	76.8	2.2	0	128	2918	600	640	230	0.3	230
jalapenos	14 g	4	1	0.7	1	0.2	0.4	1.4	0.1		2.7	30.1		112	6.2	0.1	0.1
kale (1 oz)	28 g	14	0	0	3	1	1	37.8	0.5		0.2	125	320	4305	33.6		12
kiwi	89 g	50	5	0.5	12	1	2	30	0.36	0	0	240	30	5	72	0	3
lemon	58 g	17	1	0	5	1	2	15.1	0.3		4.6	80		12.8	30.7	0.1	1.2
lime	67 g	20	1.1	0	7	0.5	1.9	22.1	0.4		4	68.3		33.5	19.5	0.1	1.3
mango	207 g	135	5	0.56	35	1	4	21	0.27	29	19	323	4831	805	57	3	4
onion, red	331g	106	2.2	0	25	3	2.6	66.2	0.9		29.8	394		3.3	15.9	0.1	26.5
orange	140 g	62	1	0.16	15	1	3	52	0.13	40	13	237	51	28	70	0.47	0
parsley (1 cup)	60g	22	4	0	4	1.8	2	82.8	3.7		30	34.8		5055	79.8	0.4	33.6
peach	128 g	42	0.79	0.09	11	0.69	2	5	0.11	3	7	193	260	53	6	1	0
pear	178 g	98	6	0.66	25	0.65	4	18	0.41	12	10	208	20	3	7	1	2
pineapple (half)	501 g	231	18	2	59	2	6	33	2	50	66	533	55	9	73	0.7	5
plum	66 g	36	4	0.41	9	0.52	1	3	0.07	1	5	114	127	21	6	0.59	0
radish	9g	1	0.1	0	0.3	0.1	0.1	2.2	0		0.9	21		0.6	1.3	0	3.5
raspberry	1.8 g	0.93	0.09	0.01	0.22	0.02	0.13	0.42	0.01	0.45	0.34	3	0.74	0.25	0.47	0.01	0
red bell pepper	116 g	32	2	0.23	8	1	2	11	0.55	26	12	211	3675	678	226	1	5
spinach (bunch)	170 g	81	4	0.5	21	0.26	4	10	0.25	4	7	159	28	7	8	0.66	2
strawberry	12 g	4	0.4	0.04	0.84	0.07	0.28	2	0.05	2	1	20	2	0.36	7	0.03	0
sweet potato	155 g	137	4	0.39	32	2	4	29	0.77	18	13	265	15647	2608	30	0.54	84
swiss chard	48g	9	0.8	0	2	1	0.9	24.5	0.9		38.9	182		2936	14.4	0.9	102
tangerine	88 g	50	5	0.5	15	1	3	40	0	0	0	180	0	0	30	0	2
tomato	123g	22	2.1	0	5	1.1	1	12.3	0.3		13.5	292		1025	15.6	0.7	6.2
tomato (plum)	62g	11	1	0.01	2.4	0.5	0.7	6.2	0.2		6.8	147		516	7.9	0.3	3.1
watermelon	4518 g	1333	0	0	450	17	33	333	12	0	0	3833	9980	1667	250	0	45