

Food and Serving Size	Calories	Total Fat		Sodium		Potassium		Total Carb (g)	
		(g)	(%DV)	(g)	(%DV)	(g)	(%DV)		
Asparagus, 1 c	20	0	0	0	0	0	230	7	4
Bell Pepper, 1 c	25	0	0	0	40	2	220	6	6
Broccoli, 1 c	45	0	0.5	1	80	3	460	13	8
Carrot, 1 c	30	0	0	0	60	3	250	7	7
Cauliflower, 1 c	25	0	0	0	30	1	270	8	5
Celery, 2 bunches	15	0	0	0	115	5	260	7	4
Cucumber, 1 c	10	0	0	0	0	0	140	4	2
Green (Snap) Peas, 1 c	20	0	0	0	0	0	200	6	5
Green Beans, 1 c	25	0	0	0	20	1	190	5	5
Green Onion, 1 bunch	10	0	0	0	10	0	70	2	2
Iceberg Lettuce, 1 c	10	0	0	0	10	0	125	4	2
Leaf Lettuce, 1 c	15	0	0	0	35	1	170	5	2
Mushroom, 1 c	20	0	0	0	15	0	300	9	3
Onion, 1 medium	45	0	0	0	5	0	190	5	11
Potato, 1 medium	110	0	0	0	0	0	620	18	26
Radishes, 1 bunch	10	0	0	0	55	2	190	5	3
Summer Squash, 1 c	20	0	0	0	0	0	260	7	4
Sweet Corn, 1 c	90	20	2.5	4	0	0	250	7	18
Sweet Potato, 1 c	100	0	0	0	70	3	440	13	23
Tomato, 1 c	25	0	0	0	20	1	340	10	5
Apple, 1 large	130	0	0	0	0	0	260	7	34
Avocado, 1 medium	50	35	4.5	7	0	0	140	4	3
Banana, 1 medium	110	0	0	0	0	0	450	13	30
Cantaloupe, 1 c	50	0	0	0	20	1	240	7	12
Grapefruit, 1 c	60	0	0	0	0	0	160	5	15
Grapes, 3/4 cup	90	0	0	0	15	1	240	7	23
Honeydew Melon, 1 c	50	0	0	0	30	1	210	6	12
Kiwifruit, 2 medium	90	10	1	2	0	0	450	13	20
Lemon, 1 medium	15	0	0	0	0	0	75	2	5
Lime, 1 medium	20	0	0	0	0	0	75	2	7
Nectarine, 1 medium	60	5	0.5	1	0	0	250	7	15
Orange, 1 medium	80	0	0	0	0	0	250	7	19
Peach, 1 medium	60	0	0.5	1	0	0	230	7	15
Pear, 1 medium	100	0	0	0	0	0	190	5	26
Pineapple, 1 c	50	0	0	0	10	0	120	3	13
Plums, 2 medium	70	0	0	0	0	0	230	7	19
Strawberries, 1 c	50	0	0	0	0	0	170	5	11
Sweet Cherries, 1 c	100	0	0	0	0	0	350	10	26
Tangerine, 1 medium	50	0	0	0	0	0	160	5	13
Watermelon, 1 c	80	0	0	0	0	0	270	8	21
Blue Crab, 1 c	100	10	1	2	330	14	300	9	0
Catfish, 1 c	130	60	6	9	40	2	230	7	0
Clams, abalone, 1 c	110	15	1.5	2	95	4	470	13	6
Cod, 1 c	90	5	1	2	65	3	460	13	0
Flounder/Sole, 1 c	100	15	1.5	2	100	4	390	11	0
Haddock, 1 c	100	10	1	2	85	4	340	10	0
Halibut, 1 c	120	15	2	3	60	3	500	14	0
Lobster, 1 c	80	0	0.5	1	320	13	300	9	1

Ocean Per	110	20	2	3	95	4	290	8	0
Orange Ro	80	5	1	2	70	3	340	10	0
Oysters, al	100	35	4	6	300	13	220	6	6
Pollock	90	10	1	2	110	5	370	11	0
Rainbow T	140	50	6	9	35	1	370	11	0
Rockfish	110	15	2	3	70	3	440	13	0
Salmon, At	200	90	10	15	55	2	430	12	0
Salmon,ÊC	130	40	4	6	65	3	420	12	0
Scallops, a	140	10	1	2	310	13	430	12	5
Shrimp	100	10	1.5	2	240	10	220	6	0
Swordfish	120	50	6	9	100	4	310	9	0
Tilapia	110	20	2.5	4	30	1	360	10	0
Tuna	130	15	1.5	2	40	2	480	14	0

Total Carb (%DV)	Dietary Fib (g)	Dietary Fib (%DV)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)	Saturated (%DV)
1	2	8	2	2	10	15	2	2	
2	2	8	4	1	4	190	2	4	
3	3	12	2	4	6	220	6	6	
2	2	8	5	1	110	10	2	2	
2	2	8	2	2	0	100	2	2	
1	2	8	2	0	10	15	4	2	
1	1	4	1	1	4	10	2	2	
2	3	12	2	1	4	10	4	2	
2	2	8	3	1	0	70	4	2	
1	1	4	1	0	2	8	2	2	
1	1	4	2	1	6	6	2	2	
1	1	4	1	1	130	6	2	4	
1	1	4	0	3	0	2	0	2	
4	3	12	9	1	0	20	4	4	
9	2	8	1	3	0	45	2	6	
1	1	4	2	0	0	30	2	2	
1	2	8	2	1	6	30	2	2	
6	2	8	5	4	2	10	0	2	
8	4	16	7	2	120	30	4	4	
2	1	4	3	1	20	40	2	4	
11	5	20	25	1	2	8	2	2	
1	1	4	0	1	0	4	0	2	
10	3	12	19	1	2	15	0	2	
4	1	4	11	1	120	80	2	2	
5	2	8	11	1	35	100	4	0	
8	1	4	20	0	0	2	2	0	
4	1	4	11	1	2	45	2	2	
7	4	16	13	1	2	240	4	2	
2	2	8	2	0	0	40	2	0	
2	2	8	0	0	0	35	0	0	
5	2	8	11	1	8	15	0	2	
6	3	12	14	1	2	130	6	0	
5	2	8	13	1	6	15	0	2	
9	6	24	16	1	0	10	2	0	
4	1	4	10	1	2	50	2	2	
6	2	8	16	1	8	10	0	2	
4	2	8	8	1	0	160	2	2	
9	1	4	16	1	2	15	2	2	
4	2	8	9	1	6	45	4	0	
7	1	4	20	1	30	25	2	4	
0				20	0	4	10	4	0
0				17	0	0	0	0	2
2				17	10	0	8	30	0
0				20	0	2	2	2	0
0				19	0	0	2	0	0
0				21	2	0	2	6	0
0				23	4	0	2	6	0
0				17	2	0	6	2	0

0	21	0	2	10	4	0.5
0	16	2	0	4	2	0
2	10	0	6	6	45	1
0	20	2	0	0	2	0
0	20	4	4	8	2	2
0	21	4	0	2	2	0
0	24	4	4	2	2	2
0	22	2	0	2	4	1
2	27	2	0	4	14	0
0	21	4	4	6	10	0
0	16	2	2	0	6	1.5
0	22	0	2	0	2	1
0	26	2	2	2	4	0

(mg)Ê (%DV) (mg)Ê

[illegible]

0	95	32 Seafood, Serving Size (84 g/3 oz)
10	50	17 Seafood, Serving Size (84 g/3 oz)
0	80	27 Seafood, Serving Size (84 g/3 oz)
0	50	17 Seafood, Serving Size (84 g/3 oz)
0	55	18 Seafood, Serving Size (84 g/3 oz)
0	70	23 Seafood, Serving Size (84 g/3 oz)
0	40	13 Seafood, Serving Size (84 g/3 oz)
0	60	20 Seafood, Serving Size (84 g/3 oz)

3	45	15 Seafood, Serving Size (84 g/3 oz)
0	20	7 Seafood, Serving Size (84 g/3 oz)
5	80	27 Seafood, Serving Size (84 g/3 oz)
0	80	27 Seafood, Serving Size (84 g/3 oz)
10	55	18 Seafood, Serving Size (84 g/3 oz)
0	40	13 Seafood, Serving Size (84 g/3 oz)
10	70	23 Seafood, Serving Size (84 g/3 oz)
5	70	23 Seafood, Serving Size (84 g/3 oz)
0	65	22 Seafood, Serving Size (84 g/3 oz)
0	170	57 Seafood, Serving Size (84 g/3 oz)
8	40	13 Seafood, Serving Size (84 g/3 oz)
5	75	25 Seafood, Serving Size (84 g/3 oz)
0	50	17 Seafood, Serving Size (84 g/3 oz)