

Nutritional facts of fruit, vegetables and seafood

Food and Serving	Calories	Calories from Fat	Total Fat (grams)	Sodium (grams)	Potassium (grams)	Total Carbohydrate (grams)	Dietary Fiber (grams)	Sugars (grams)	Protein (grams)	Vitamin A Daily Value	Vitamin C Daily Value	Calcium Daily Value	Iron Daily Value	Saturated Fat (milligrams per serving)	Cholesterol (milligrams per serving)
Asparagus, 5 spears (93 g/3.3 oz)	20	0	0	0	230	4		2	2	2	10	15	2	2	0
Bell Pepper, 1 medium (148 g/5.3 oz)	25	0	0	40	220	6		2	4	1	4	190	2	4	0
Broccoli, 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	460	8		2	4		6	220	6	6	0
Carrot, 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	60	250	7		2	5	1	110	10	2	2	0
Cauliflower, 1/6 medium head (99 g/3.5 oz)	25	0	0	30	270	5		2	2	2	0	100	2	2	0
Celery, 2 medium stalks (110 g/3.9 oz)	15	0	0	115	260	4		2	2	0	10	15	4	2	0
Cucumber, 1/3 medium (99 g/3.5 oz)	10	0	0	0	140	2		1	1	1	4	10	2	2	0
Green (Snap) Beans, 3/4 cup cut (83 g/3.0 oz)	20	0	0	0	200	5		3	2	1	4	10	4	2	0
Green Cabbage, 1/12 medium head (84 g/3.0 oz)	25	0	0	20	190	5		2	3	1	0	70	4	2	0
Green Onion, 1/4 cup chopped (25 g/0.9 oz)	10	0	0	10	70	2		1	1	0	2	8	2	2	0
Iceberg Lettuce, 1/6 medium head (89 g/3.2 oz)	10	0	0	10	125	2		1	2	1	6	6	2	2	0
Leaf Lettuce, 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0	35	170	2		1	1	1	130	6	2	4	0
Mushrooms, 5 medium (84 g/3.0 oz)	20	0	0	15	300	3		1	0	3	0	2	0	2	0
Onion, 1 medium (148 g/5.3 oz)	45	0	0	5	190	11		3	9	1	0	20	4	4	0
Potato, 1 medium (148 g/5.3 oz)	110	0	0	0	620	26		2	1	3	0	45	2	6	0
Radishes, 7 radishes (85 g/3.0 oz)	10	0	0	55	190	3		1	2	0	0	30	2	2	0
Summer Squash, 1/2 medium (98 g/3.5 oz)	20	0	0	0	260	4		2	2	1	6	30	2	2	0
Sweet Corn, kernels from 1 medium ear (90 g/3.2 oz)	90	20	2.5	0	250	18		2	5	4	2	10	0	2	0
Sweet Potato, 1 medium, 5" long, 2" diameter (130 g/4.6 oz)	100	0	0	70	440	23		4	7	2	120	30	4	4	0
Tomato, 1 medium (148 g/5.3 oz)	25	0	0	20	340	5		1	3	1	20	40	2	4	0
Apple, 1 large (242 g/8 oz)	130	0	0	0	260	34		5	25	1	2	8	2	2	0
Avocado, California, 1/5 medium (30 g/1.1 oz)	50	35	4.5	0	140	3		1	0	1	0	4	0	2	0
Banana, 1 medium (126 g/4.5 oz)	110	0	0	0	450	30		3	19	1	2	15	0	2	0
Cantaloupe, 1/4 medium (134 g/4.8 oz)	50	0	0	20	240	12		1	11	1	120	80	2	2	0
Grapefruit, 1/2 medium, (154 g/5.5 oz)	60	0	0	0	160	15		2	11	1	35	100	4	0	0
Grapes, 3/4 cup (126 g/4.5 oz)	90	0	0	15	240	23		1	20	0	0	2	2	0	0
Honeydew Melon 1/10 medium melon (134 g/4.8 oz)	50	0	0	30	210	12		1	11	1	2	45	2	2	0
Kiwifruit, 2 medium (148 g/5.3 oz)	90	10	1	0	450	20		4	13	1	2	240	4	2	0
Lemon, 1 medium (58 g/2.1 oz)	15	0	0	0	75	5		2	2	0	0	40	2	0	0
Lime, 1 medium (67 g/2.4 oz)	20	0	0	0	75	7		2	0	0	0	35	0	0	0
Nectarine, 1 medium (140 g/5.0 oz)	60	5	0.5	0	250	15		2	11	1	8	15	0	2	0
Orange, 1 medium (154 g/5.5 oz)	80	0	0	0	250	19		3	14	1	2	130	6	0	0
Peach, 1 medium (147 g/5.3 oz)	60	0	0.5	0	230	15		2	13	1	6	15	0	2	0
Pear, 1 medium (166 g/5.9 oz)	100	0	0	0	190	26		6	16	1	0	10	2	0	0
Pineapple, 2 slices, 3" diameter, 3/4" thick	50	0	0	10	120	13		1	10	1	2	50	2	2	0
Plums, 2 medium (151 g/5.4 oz)	70	0	0	0	230	19		2	16	1	8	10	0	2	0
Strawberries, 8 medium (147 g/5.3 oz)	50	0	0	0	170	11		2	8	1	0	160	2	2	0
Sweet Cherries 21 cherries, 1 cup	100	0	0	0	350	26		1	16	1	2	15	2	2	0
Tangerine, 1 medium (109 g/3.9 oz)	50	0	0	0	160	13		2	9	1	6	45	4	0	0
Watermelon, 1/18 medium melon; 2 cups diced pieces(280 g/	80	0	0	0	270	21		1	20	1	30	25	2	4	0
Blue Crab	100	10	1	330	300	0		0	0	20	0	4	10	4	32
Catfish	130	60	6	40	230	0		0	0	17	0	0	0	0	17
Clams, about 12 small	110	15	1.5	95	470	6		0	0	17	10	0	8	30	27
Cod	90	5	1	65	460	0		0	0	20	0	2	2	2	17
Flounder/Sole	100	15	1.5	100	390	0		0	0	19	0	0	2	0	18
Haddock	100	10	1	85	340	0		0	0	21	2	0	2	6	23
Halibut	120	15	2	60	500	0		0	0	23	4	0	2	6	13
Lobster	80	0	0.5	320	300	1		0	0	17	2	0	6	2	20
Ocean Perch	110	20	2	95	290	0		0	0	21	0	2	10	4	15
Orange Roughy	80	5	1	70	340	0		0	0	16	2	0	4	2	7
Oysters, about 12 medium	100	35	4	300	220	6		0	0	10	0	6	6	45	27
Pollock	90	10	1	110	370	0		0	0	20	2	0	0	2	27
Rainbow Trout	140	50	6	35	370	0		0	0	20	4	4	8	2	18
Rockfish	110	15	2	70	440	0		0	0	21	4	0	2	2	13
Salmon, Atlantic/Coho/Sockeye /Chinook	200	90	10	55	430	0		0	0	24	4	4	2	2	23
Salmon, Chum/Pink	130	40	4	65	420	0		0	0	22	2	0	2	4	23
Scallops, about 6 large or 14 small	140	10	1	310	430	5		0	0	27	2	0	4	14	22
Shrimp	100	10	1.5	240	220	0		0	0	21	4	4	6	10	57
Swordfish	120	50	6	100	310	0		0	0	16	2	2	0	6	13
Tilapia	110	20	2.5	30	360	0		0	0	22	0	2	0	2	25
Tuna	130	15	1.5	40	480	0		0	0	26	2	2	2	4	17