









Fruit		Fruit		Fruit		Fruit	
							
Bananas		Raspberries		Blueberries		Pomegranates	
1 cup, mashed	225g	1 cup	123g	1 cup	148g	0.5 cup arils (seed/juice s	87g
Vegetable		Fruit		Fruit		Snack	
							
Broccoli		Watermelon		Clementines		Salted Popcorn	
1 cup chopped	91g	1 cup, balls	154g	1 fruit	74g	1 cup	11g