

Nutrient Analysis of Fruit Bar Items

Served at Donovan Dining Center

	<u>Calories</u>	<u>Grams of fat</u>	<u>Grams of Carb</u>	<u>Grams of Protein</u>	<u>Grams of Fiber</u>
<u>Canned fruit</u>					
Applesauce (1/2 cup)	52	0	14	0	2
Apricot halves (1/2 cup)	79	0	21	1	2
Pineapple slices (1/2 cup)	75	0	19	0	1
Fruit cocktail (1/2 cup)	55	0	19	0	1
Pear halves (1/2 cup)	58	0	15	0	1
Cling peaches (1/2 cup)	52	0	14	1	1
Sliced apples (1/2 cup)	50	0	12	0	2
Maraschino cherry (1)	10	0	2	0	0
Mandarin Oranges (1/2cup)	46	0	11	0	1

<u>Fresh Fruit</u>	<u>Calories</u>	<u>Fat</u>	<u>Carb</u>	<u>Protein</u>	<u>Fiber</u>
Apple (1 whole)	81	0	21	0	3.7
Blueberries (1/2 cup)	40	0	10	0	2
Canteloupe (1/2 cup)	28	0	7	0	1
Grapefruit half	37	0	9	0	1.3
Grapes (1/2 cup)	31	0	8	0	0.5
Honeydew melon(1/2 cup)	15	0	4	0	0.3
Orange (1 whole / 1/2 cup)	38	0	9	0	1
Pineapple chunks (1/2 cup)	38	0	10	0	1
Watermelon (1/2 cup)	24	0	6	0	0.4

CSM 5/14/08

**Milligrams
of sodium**

2

5

10

8

5

10

20

0

0

Sodium

0

0

0

0

1

0

0

0

0