

## Select Nutrient Amounts and Calculated Nutrient Density for Fresh Fruits<sup>1</sup>

| FRUIT                       | EDIBLE PORTION SIZE                               | CALORIES AND PERCENT OF DAILY VALUE PROVIDED BY THIS PORTION SIZE |                     |                     |                     |                   |                         | NUTRIENT DENSITY <sup>2</sup><br>(AVERAGE %DV ÷ CALORIES) |
|-----------------------------|---|---|---------------------|---------------------|---------------------|-------------------|-------------------------|---|
|                             |   | CALORIES  | VITAMIN C<br>(% DV) | VITAMIN A<br>(% DV) | POTASSIUM<br>(% DV) | CALCIUM<br>(% DV) | DIETARY FIBER<br>(% DV) |   |
| Cantaloupe                  | 1/4 medium<br>(134 g/4.8 oz)                      | 50  | 80                  | 120                 | 7                   | 2                 | 4                       | 0.85  |
| Strawberries                | 8 medium<br>(147 g/5.3 oz)                        | 50  | 160                 | 0                   | 5                   | 2                 | 8                       | 0.70  |
| Kiwifruit                   | 2 medium<br>(148 g/5.3 oz)                        | 90  | 240                 | 2                   | 13                  | 4                 | 16                      | 0.61  |
| Grapefruit                  | 1/2 Medium<br>(154 g/5.5 oz)                      | 60  | 100                 | 35                  | 5                   | 4                 | 8                       | 0.51  |
| Orange                      | Medium (154 g/5.5 oz)                             | 80  | 130                 | 2                   | 7                   | 6                 | 12                      | 0.39  |
| Tangerine                   | Medium (109 g/3.9 oz)                             | 50  | 45                  | 6                   | 5                   | 4                 | 8                       | 0.27  |
| Pineapple                   | 2 slices, 3"-diameter, 3/4"<br>thick (112 g/4 oz) | 50  | 50                  | 2                   | 3                   | 2                 | 4                       | 0.24  |
| Watermelon                  | 2 cups diced<br>(280 g/10 oz)                     | 80  | 25                  | 30                  | 8                   | 2                 | 4                       | 0.17  |
| Peach                       | Medium<br>(147 g/5.3 oz)                          | 60  | 15                  | 6                   | 7                   | 0                 | 8                       | 0.12  |
| Blueberries<br>(NDB 09050)  | 1 cup (148 g)                                     | 84  | 24                  | 2                   | 3                   | 1                 | 14                      | 0.10  |
| Pomegranates<br>(NDB 09286) | 1 4"-diameter (282 g)                             | 234   | 48                  | 0                   | 19                  | 3                 | 45                      | 0.10  |
| Plums                       | 2 medium<br>(151 g/5.4 oz)                        | 70  | 10                  | 8                   | 7                   | 0                 | 8                       | 0.09  |
| Pear                        | 1 medium<br>(166 g/5.9 oz)                        | 100   | 10                  | 0                   | 5                   | 2                 | 24                      | 0.08  |
| Banana                      | Medium (126 g/4.5 oz)                             | 110   | 15                  | 2                   | 13                  | 0                 | 12                      | 0.08  |
| Sweet cherries              | 21 cherries, 1 cup<br>(140 g/5 oz)                | 100   | 15                  | 2                   | 10                  | 2                 | 4                       | 0.07  |
| Apple                       | Large (242 g/8 oz)                                | 130   | 8                   | 2                   | 7                   | 2                 | 20                      | 0.06  |
| Grapes                      | 3/4 cup (126 g/4.5 oz)                            | 90  | 2                   | 0                   | 7                   | 2                 | 4                       | 0.03  |

Abbreviations: DV = Daily Value; g = grams; NDB = Nutrient Databank Number; oz = ounces.

1. Source of nutrient data (except blueberries and pomegranates): FDA, Appendix C to Part 101. Nutrition Facts for Raw Fruits and Vegetables. Access at <http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?an=21:2.0.1.1.2.7.1.4.3>. Source for blueberry and pomegranate nutrient data: USDA, National Nutrient Database for Standard Reference. Release 22. Access at <http://www.nal.usda.gov/fnic/foodcomp/search/>. Nutrients listed are those identified as nutrients of concern for adults in USDA's 2005 Dietary Guidelines for Americans. Vitamin E and magnesium were also identified as nutrients of concern but those nutrients were not included on FDA's Appendix C table. In general, fresh fruit have relatively small amounts of vitamin E and variable amounts of magnesium.

2. Calculated by averaging the %DVs for vitamin C, vitamin A, potassium, calcium and dietary fiber and dividing by calories. A higher number indicates more nutrients per calorie and higher nutrient density.

