

Fruits and Vegetables with calories and fiber

Fruits

Food Item	Portion	Calories	Fiber	Color
Apricot	5 whole	85	4	Orange
Avocado	¼ average fruit	80	2	Yellow/Green
Blackberries	1 cup	75	8	Red/Purple
Blueberries	1 cup	110	5	Red/Purple
Cantaloupe	½ medium	80	2	Orange
Cherries	1 cup	85	3	Red/Purple
Cranberries	1 cup raw	60	5	Red/Purple
Cranberry Juice	2/3 cup	100	0	Red/Purple
Cranberry Sauce	1/4 cup	100	1	Red/Purple
Grape Juice	2/3 cup	100	0	Red/Purple
Grapes	1 cup	115	2	Red/Purple
Honeydew	¼ large melon	100	2	Yellow/Green
Kiwi	1 large	55	3	Yellow/Green
Mango	½ large	80	3	Orange
Nectarine	1 large	70	2	Orange/yellow
Orange	1 large	85	4	Orange/yellow
Orange Juice	2/3 cup	75	0	Orange/yellow
Papaya	1/2 large	75	3	Orange/yellow
Peach	1 large	70	3	Orange/yellow
Peach Nectar	2/3 cup	90	1	Orange/yellow
Pineapple	1 cup, diced	75	2	Orange/yellow
Pink grapefruit	1 whole fruit	75	3	Red
Pink grapefruit juice	1 cup	95	0	Red
Plums	3 small	100	3	Red/Purple
Prunes	5 whole	100	3	Red/Purple
Red Apple	1 medium	100	4	Red/Purple
Red pear	1 medium	100	4	Red/Purple
Red Wine	4 oz. glass	80	0	Red/Purple
Strawberries	1 1/2 cups, sliced	75	6	Red/Purple
Tangerine	2 medium	85	5	Orange/yellow
Tangerine Juice	2/3 cup	75	0	Orange/yellow
Watermelon	1 cup balls	50	1	Red
Yellow Grapefruit	1 fruit	75	2	Orange/yellow

Vegetables

Food Item	Portion	Calories	Fiber	Color
Acorn Squash, baked	1 cup	85	6	Orange
Artichoke	1 medium	60	6	White/Green
Asparagus	18 spears	60	4	White/Green
Beets, cooked	1 cup	75	3	Red/Purple
Broccoli, cooked	2 cups	85	9	Green
Brussels Sprouts	1 cup	60	4	Green
Cabbage, cooked	2 cups	70	8	Green
Cabbage, raw	2 cups	40	4	Green
Cauliflower, ckd	2 cups	55	6	Green
Carrot juice	1 cup	95	2	Orange
Carrots, cooked	1 cup	70	5	Orange
Carrots, raw	3 medium	75	6	Orange
Celery	3 large stalks	30	3	White/Green
Chinese Cabbage, ckd	2 cups	40	5	Green
Collard greens, ckd	2 cups	100	10	Yellow/Green
Corn	½ cup kernels or 1 ear	75	2	Yellow/Green
Cucumber	1 average	40	2	Yellow/Green
Eggplant, cooked	2 cups	60	5	Red/Purple
Endive, raw	1/2 head	45	8	White/Green
Green beans, ckd	2 cups	85	8	Yellow/Green
Green peas	½ cup	70	4	Yellow/Green
Green Peppers	1 large	45	3	Yellow/Green
Kale, cooked	2 cups	70	5	Green
Leeks, cooked	1 medium	40	1	White/Green
Mushrooms, cooked	1 cup	40	3	White/Green
Mustard greens, ckd	2 cups	40	6	Yellow/Green
Onion	1 large	60	3	White/Green
Peppers, red	1 large	45	3	Red/Purple
Pumpkin, cooked	1 cup	50	3	Orange
Red Cabbage, cooked	2 cups	60	6	Red/Purple
Romaine lettuce	4 cups	30	4	Yellow/Green
Spinach, cooked	2 cups	80	8	Yellow/Green
Spinach, raw	4 cups	30	4	Yellow/Green
Sweet potato	1 small 2"x5"	100	2	Orange
Swiss Chard	2 cups	70	7	Green
Tomato juice	1 cup	40	1	Red

Food Item	Portion	Calories	Fiber	Color
Tomato sauce/puree	1 cup	100	5	Red
Tomato soup, made with water	1 cup	85	0	Red
Tomato vegetable juice	1 cup	45	2	Red
Tomatoes, cooked	1 cup	70	3	Red
Tomatoes, raw	1 large	40	2	Red
Turnip greens, ckd	2 cups	60	10	Yellow/Green
Winter squash, baked	1 cup	70	7	Orange
Yellow Peppers	1 large	50	2	Yellow/Green
Zucchini with skin, ckd	2 cups	60	5	Yellow/Green