

| All Fruit at 1/2 cup each | Total Calories | Fat (G) | Saturated Fat (G) | Trans Fat (G) | Cholesterol (Mg) | Carbs (G) | Sugar (G) | Sodium (Mg) | Fiber (G) | Protein (G) | | Calories | Carb | Sugar | Sodium | |
|---------------------------|----------------|---------|-------------------|---------------|------------------|-----------|-----------|-------------|-----------|-------------|--|-----------------|------|-------|--------|------|
| Fresh Apple | 70 | 0 | 0 | | | 18 | | 0 | | 0 | | all 4oz | | | | |
| Fresh Apple Slices | 70 | 0 | 0 | | | 18 | | 0 | | 0 | | Juice | | | | |
| Fresh Baby Carrots | 50 | 0 | 0 | | | 12 | | 90 | | 1 | | Cranberry Rasp | 60 | 14g | 12g | 10mg |
| Fresh Banana | 110 | 0 | 0 | | | 27 | | 0 | | 1 | | Fruit Punch | 60 | 15g | 14g | 5mg |
| Fresh Broccoli | 25 | 0 | 0 | | | 6 | | 0 | | 2 | | grape | 80 | 20g | 19g | 10mg |
| Fresh Cantaloupe | 30 | 0 | 0 | | | 7 | | 15 | | 1 | | Orange Tangerin | 60 | 15g | 13g | 10mg |
| Fresh Cauliflower | 15 | 0 | 0 | | | 2 | | 15 | | 1 | | Strawberry Kiwi | 60 | 14g | 12g | 10mg |
| Fresh Celery Sticks | 0 | 0 | 0 | | | 4 | | 60 | | 0 | | Very Berry | 60 | 17g | 15g | 10mg |
| Fresh Clementine | 35 | 0 | 0 | | | 9 | | 0 | | 1 | | | | | | |
| Fresh Cucumbers | 0 | 0 | 0 | | | 1 | | 5 | | 0 | | | | | | |
| Fresh Grapes | 60 | 0 | 0 | | | 18 | | 0 | | 0 | | | | | | |
| Fresh Grape Tomatoes | 15 | 0 | 0 | | | 3.5 | | 5 | | 1 | | | | | | |
| Fresh Green Peppers | 15 | 0 | 0 | | | 4 | | 0 | | 1 | | | | | | |
| Fresh Honeydew | 40 | 0 | 0 | | | 10 | | 0 | | 0 | | | | | | |
| Fresh Mixed Fruit | 40 | 0 | 0 | | | 10 | | 0 | | 0 | | | | | | |
| Fresh Orange | 90 | 0.5 | 0 | | | 21 | | 0 | | 2 | | | | | | |
| Fresh Pear | 90 | 0 | 0 | | | 25 | | 0 | | 0 | | | | | | |
| Fresh Pineapple | 40 | 0 | 0 | | | 10 | | 0 | | 0.5 | | | | | | |
| Fresh Red Peppers | 25 | 0 | 0 | | | 4.5 | | 2.5 | | 1 | | | | | | |
| Fresh Watermelon | 23 | 0 | 0 | | | 6 | | 0 | | 0 | | | | | | |
| Fresh Strawberries | | | | | | 6g | | | | | | | | | | |
| Steamed Broccoli | 25 | 0 | 0 | | | 5 | | 0 | | 2 | | | | | | |
| Steamed Brown Rice | 170 | 1.5 | 0 | | | 36 | | 0 | | 4 | | | | | | |
| Steamed Carrots | 30 | 0 | 0 | | | 7 | | 45 | | 1 | | | | | | |
| Steamed Cauliflower | 10 | 0 | 0 | | | 2 | | 10 | | 1 | | | | | | |
| Steamed Corn | 80 | 1 | 0 | | | 20 | | 5 | | 3 | | | | | | |
| Steamed Green Beans | 30 | 0 | 0 | | | 3 | | 0 | | 1 | | | | | | |
| Steamed Green Peas | 70 | 0 | 0 | | | 12 | | 80 | | 5 | | | | | | |
| Steamed Vegetable Medley | 20 | 0 | 0 | | | 4 | | 20 | | 0.5 | | | | | | |
| honey dew | | | | | | 8g | | | | | | | | | | |
| Black Beans | 100 | 0 | 0 | | | 18 | | 520 | | 7 | | | | | | |
| Fat Free Chocolate Milk | 110 | 0 | 0 | 0 | 0 | 19g | 18g | 210mg | 18g | 8g | | | | | | |
| 1% White Milk | 100 | | | | | 11g | 11g | 120mg | 11g | 8g | | | | | | |
| Fat Free White Milk | 80 | | | | | 11g | 11g | 120mg | 11g | 8g | | | | | | |