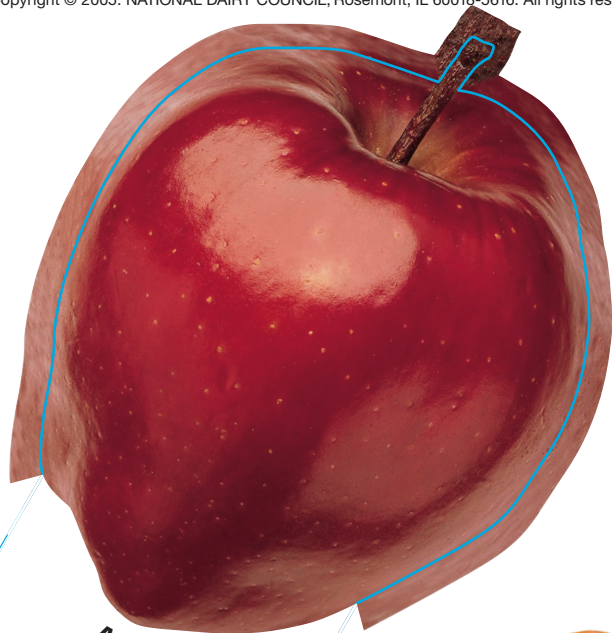
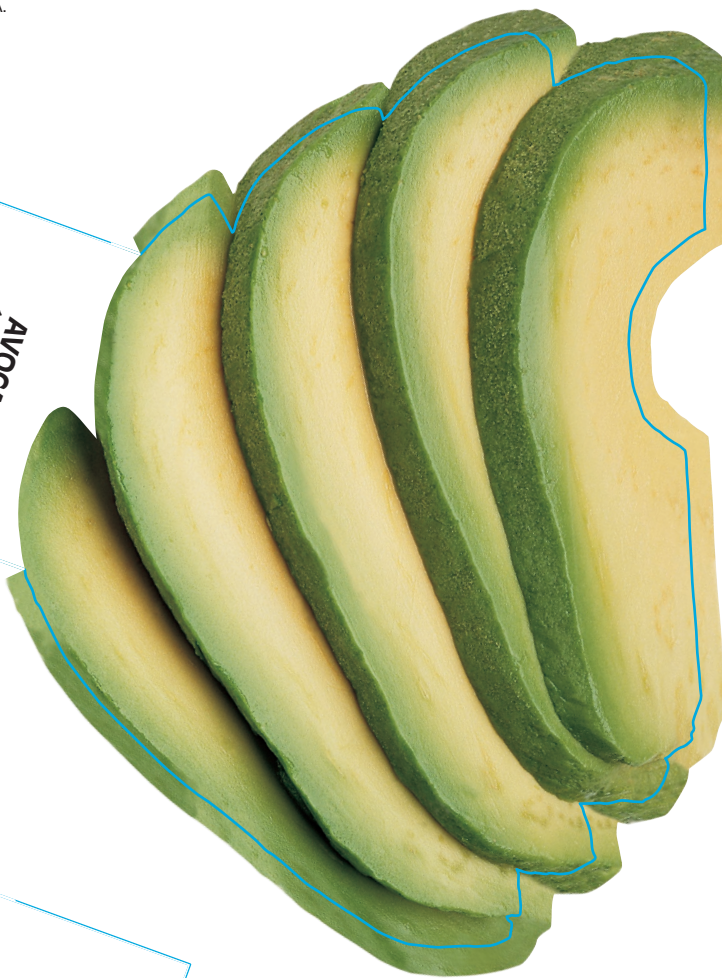


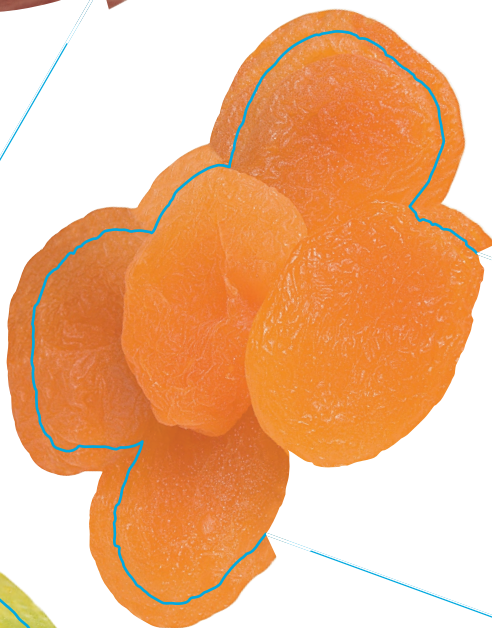
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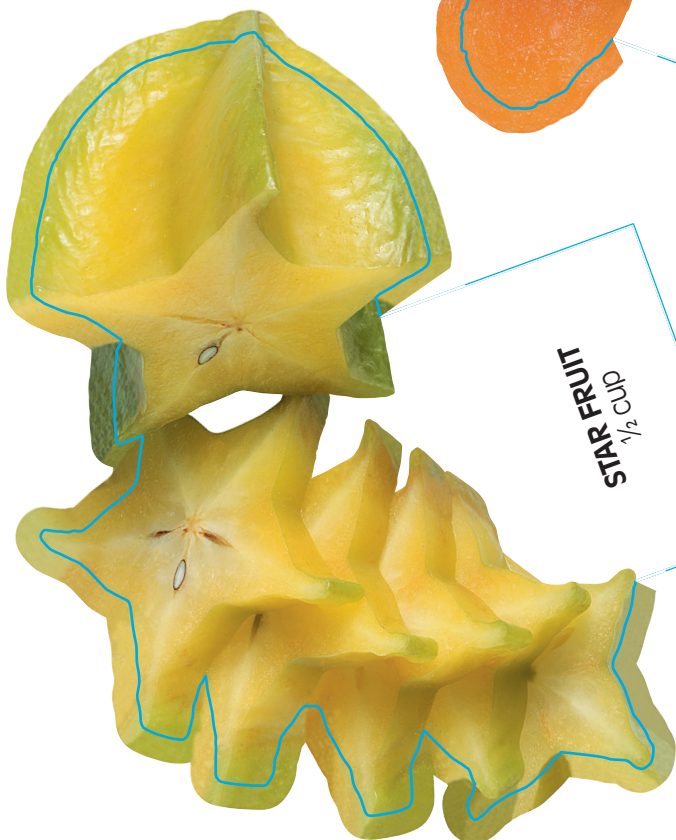
APPLE
1 medium



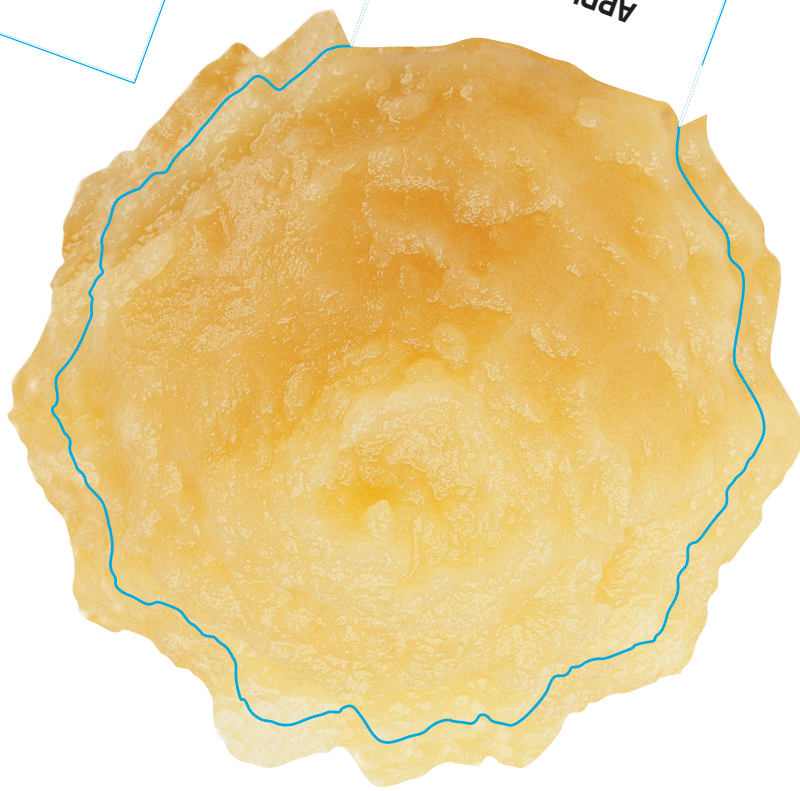
AVOCADO
 $\frac{1}{2}$ medium



DRIED APRICOTS
 $\frac{1}{4}$ cup



STARFRUIT
 $\frac{1}{2}$ cup



APPLESAUCE
 $\frac{1}{2}$ cup

Avocado[†]	
Serving Size	
Amount Per Serving	
Calories	
Calories from Fat	
Total Fat	162
Saturated Fat	135
Sodium	23%
Total Carbohydrate	11mg
Sugars	0%
Protein	7g
Vitamin A	2g
Vitamin C	4%
Iron	12%
Thiamin	13%
Riboflavin	6%
Niacin	7%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, iron, riboflavin, and niacin.	
†Percent Daily Values are based on a 2,000 calorie diet.	

Apple	
Serving Size 1 medium (138g)	
Amount Per Serving	
Calories 81	
Total Fat 0g	0%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	12%
Sugars 18g	
Protein 0g	0%
Vitamin C	13%
Thiamin	2%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, iron, riboflavin, and niacin.	
†Percent Daily Values are based on a 2,000 calorie diet.	

Apricots	
Serving Size 1 cup (39g)	
Amount Per Serving	
Calories 78	
Total Fat 1g	0%
Sodium 3mg	0%
Total Carbohydrate 20g	8%
Dietary Fiber 2g	2%
Sugars 17g	23%
Protein 1g	2%
Vitamin A	6%
Calcium	15%
Thiamin	5%
Riboflavin	4%
Niacin	
Not a significant source of calories from fat, saturated fat, cholesterol, and vitamin A, calcium, iron, riboflavin, and niacin.	
†Percent Daily Values are based on a 2,000 calorie diet.	

Applesauce[†]	
Serving Size ½ cup (128g)	
Amount Per Serving	
Calories 97	
Total Fat 0g	0%
Sodium 4mg	0%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	3%
Sugars 21g	3%
Protein 0g	0%
Vitamin C	2%
Iron	
Riboflavin	
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, thiamin, and niacin.	
†Percent Daily Values are based on a 2,000 calorie diet.	

Star Fruit	
Serving Size ½ cup (91g)	
Amount Per Serving	
Calories 28	
Total Fat 0g	0%
Sodium 2mg	0%
Total Carbohydrate 6g	9%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	2%
Vitamin C	52%
Thiamin	7%
Riboflavin	9%
Niacin	2%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, and iron.	
†Percent Daily Values are based on a 2,000 calorie diet.	

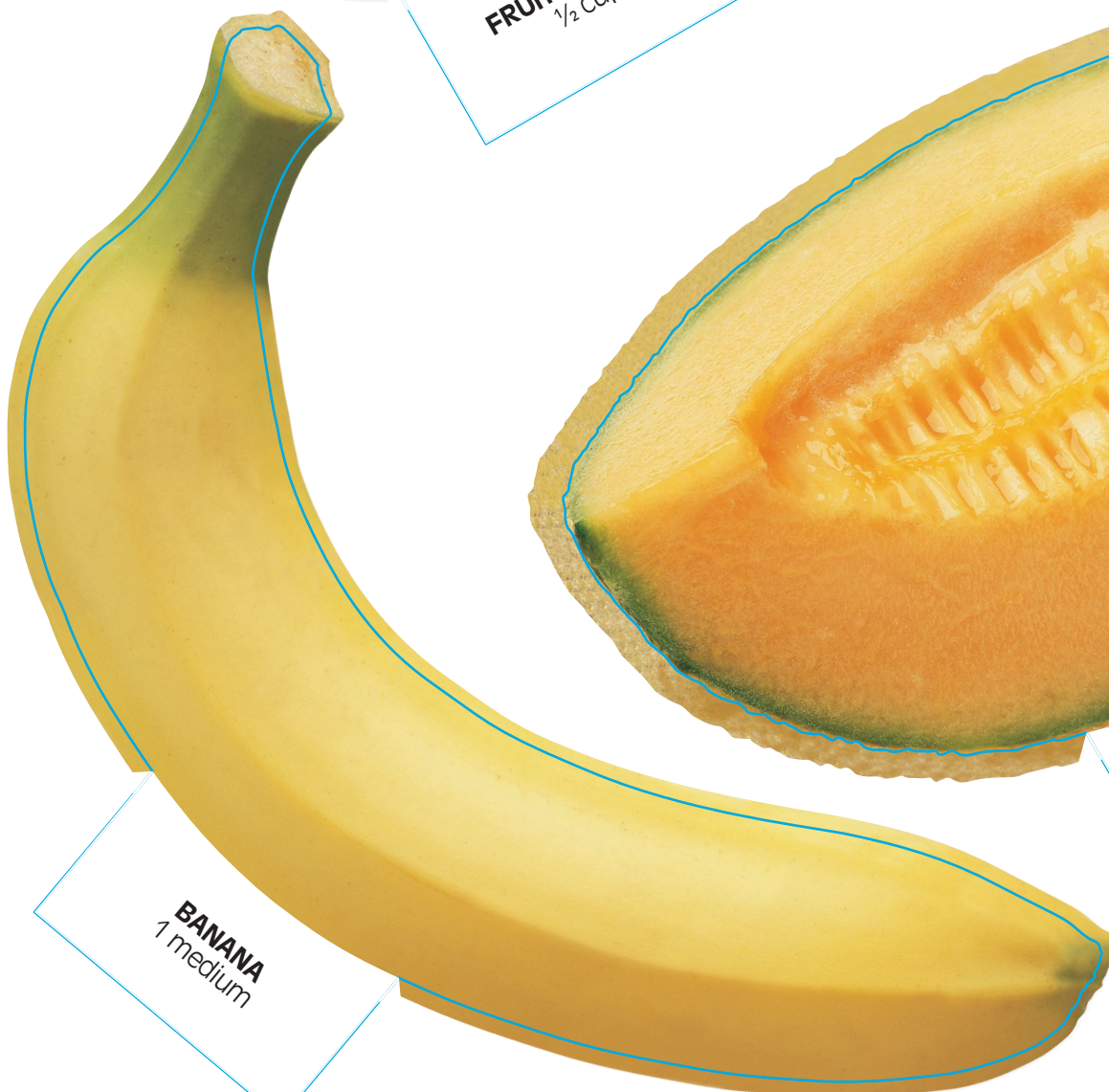
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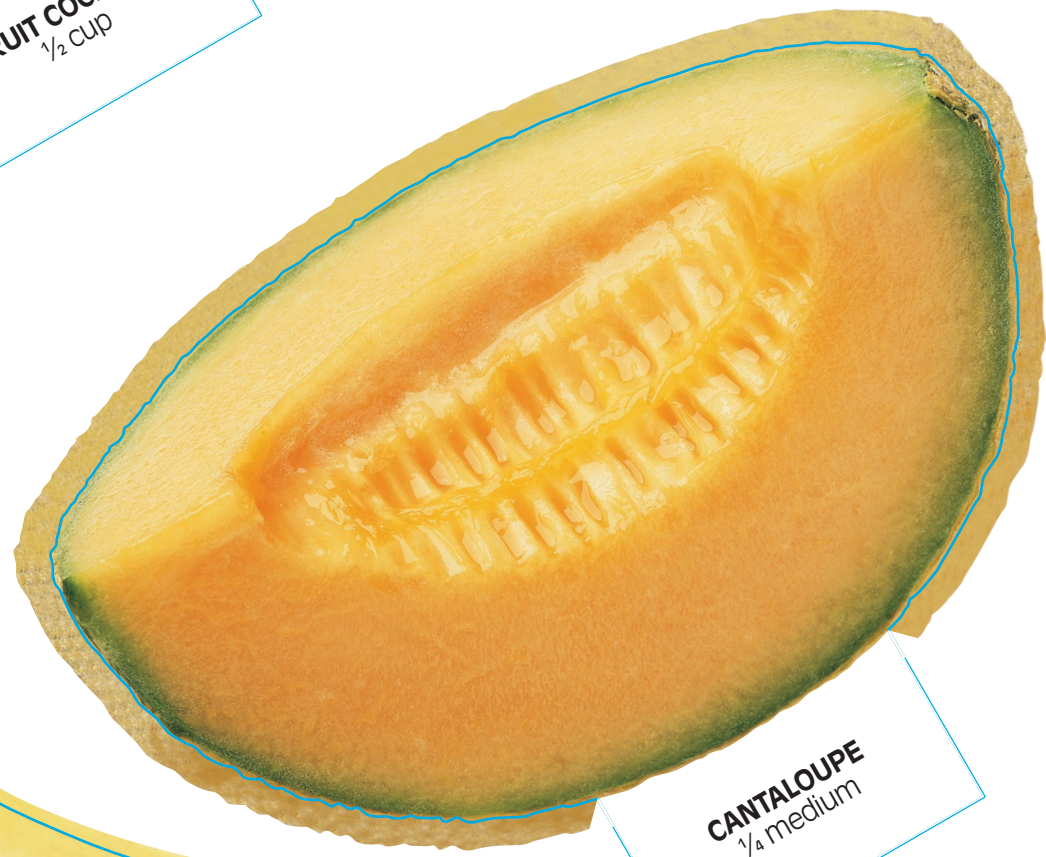
FRUIT COCKTAIL
½ cup



BLUEBERRIES
½ cup



BANANA
1 medium



CANTALOUPE
¼ medium



Blueberries
Fresh
Serving Size ½ cup (73g)

Amount Per Serving		% Daily Value*
Calories	41	
Total Fat	0g	0%
Sodium	1mg	0%
Total Carbohydrate	11g	4%
Dietary Fiber	2g	8%
Sugars	7g	
Protein	1g	2%
Vitamin C		12%
Thiamin		2%
Riboflavin		2%
Niacin		2%

Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, and iron.
*Percent Daily Values are based on a 2,000 calorie diet



Fruit Cocktail†

Serving Size	In juice ½ cup (124g)	In heavy syrup ½ cup (128g)
Amount Per Serving		
Calories		
Total Fat		
Sodium		
Total Carbohydrate		
Sugars		
Protein		
Vitamin A		
Vitamin C		
Iron		
Thiamin		
Niacin		

Not a significant source of calories from fat, saturated fat, cholesterol, calcium, and riboflavin. Values are not available for fiber.
†Canned
*Percent Daily Values are based on a 2,000 calorie diet



Cantaloupe
Serving Size ¼ melon (134g)

Amount Per Serving		% Daily Value*
Calories	47	
Total Fat	0g	0%
Sodium	12mg	1%
Total Carbohydrate	11g	4%
Dietary Fiber	1g	4%
Sugars	12g	
Protein	1g	2%
Vitamin A		86%
Vitamin C		93%
Iron		2%
Thiamin		3%
Riboflavin		2%
Niacin		4%

Not a significant source of calories from fat, saturated fat, cholesterol, and calcium.
*Percent Daily Values are based on a 2,000 calorie diet

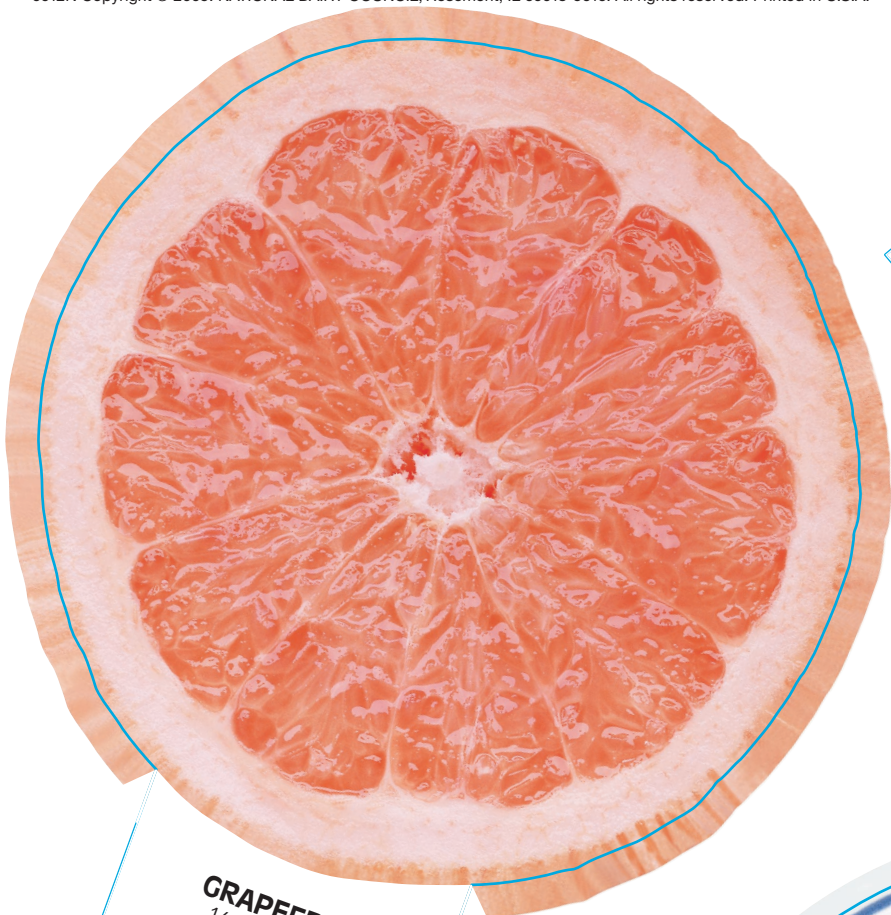


Banana
Serving Size 1 medium (141g)

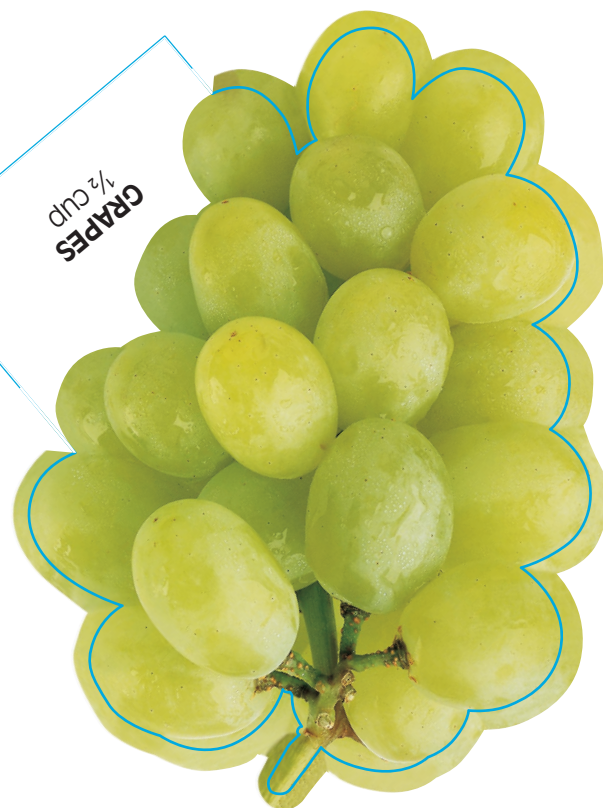
Amount Per Serving		% Daily Value*
Calories	105	
Total Fat	1g	2%
Sodium	1g	0%
Total Carbohydrate	27g	9%
Dietary Fiber	2g	2%
Sugars	18g	
Protein	1g	2%
Vitamin A		2%
Vitamin C		17%
Iron		2%
Thiamin		2%
Riboflavin		3%
Niacin		7%

Not a significant source of saturated fat, cholesterol and calcium.
*Percent Daily Values are based on a 2,000 calorie diet

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GRAPEFRUIT
½ medium



GRAPES
½ cup



NECTARINE
1 medium



LYCHEE
½ cup



Grapes	
Serving Size ½ cup (66g)	
Amount Per Serving	
Calories 29	
	% Daily Value*
Total Fat 0g	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Sugars 8g	3%
Protein 0g	0%
Vitamin C	
Riboflavin	
Thiamin	
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, iron, and niacin. Values are not available for these nutrients.	



Grapefruit	
Serving Size ½ medium (120g)	
Amount Per Serving	
Calories 38	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 10g	3%
Dietary Fiber 1g	4%
Sugars 7g	3%
Protein 1g	2%
Vitamin A	3%
Vitamin C	68%
Thiamin	3%
Niacin	2%
Not a significant source of calories from fat, saturated fat, cholesterol, calcium, iron, and riboflavin.	
*Percent Daily Values are based on a 2,000 calorie diet	



Lychee	
Canned in syrup	
Serving Size ½ cup (140g)	
(9 pieces with ½ cup syrup)	
Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Sugars 25g	
Protein 0g	0%
Vitamin C	2%
Calcium	2%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, vitamin A, thiamin, riboflavin, iron, and niacin.	
*Percent Daily Values are based on a 2,000 calorie diet	



Nectarine	
Raw	
Serving Size 1 medium (136g)	
Amount Per Serving	
Calories 60	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 11g	3%
Protein 1g	2%
Vitamin A	9%
Vitamin C	12%
Thiamin	3%
Riboflavin	2%
Iron	2%
Niacin	8%
Not a significant source of calories from fat, cholesterol, and calcium.	
*Percent Daily Values are based on a 2,000 calorie diet	

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DRIED APPLE RINGS
 $\frac{1}{4}$ cup

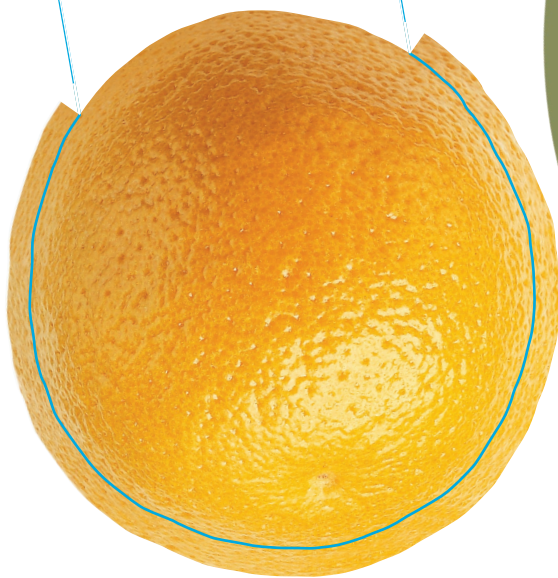


ORANGE JUICE
 $\frac{3}{4}$ cup

CANNED PEACHES
 $\frac{1}{2}$ cup



ORANGE
1 medium



Orange Juice

Frozen reconstituted

Serving Size ½ cup (187g)

Amount Per Serving

Calories 84

% Daily Value*

Total Fat 0g

0%

Sodium 2mg

0%

Total Carbohydrate 20g

7%

Sugars 20g

Protein 1g

2%

Vitamin A

3%

Vitamin C

122%

Calcium

2%

Thiamin

10%

Riboflavin

2%

Niacin

2%

Not a significant source of calories from fat, saturated fat, cholesterol, fiber, and iron.

*Percent Daily Values are based on a 2,000 calorie diet



Dried Apple Rings

Serving Size ¼ cup (66g)

approximately 5 rings

Amount Per Serving

Calories 23

% Daily Value*

Total Fat 0g

0%

Sodium 19mg

4%

Total Carbohydrate 13g

8%

Dietary Fiber 2g

2%

Sugars 11g

Protein 0g

Iron

Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, vitamin C, calcium, thiamin, riboflavin, and niacin.

*Percent Daily Values are based on a 2,000 calorie diet



Peaches

Serving Size 1 ½ cup (124g)

Amount Per Serving

Calories 7

% Daily Value*

Total Fat 0g

0%

Sodium 14g

3%

Total Carbohydrate 19g

4%

Protein 2g

4%

Vitamin A

1%

Vitamin C

2%

Iron

7%

Riboflavin

9%

Niacin

2%

Not a significant source of calories from fat, saturated fat, cholesterol, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet



In juice

½ cup (124g)

Amount Per Serving

Calories 55

% Daily Value*

Total Fat 0g

0%

Sodium 0g

0%

Total Carbohydrate 0g

0%

Protein 0g

0%

Vitamin A

0%

Vitamin C

0%

Iron

0%

Riboflavin

0%

Niacin

0%

Not a significant source of calories from fat, saturated fat, cholesterol, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet



In heavy syrup

½ cup (128g)

Amount Per Serving

Calories 95

% Daily Value*

Total Fat 0g

0%

Sodium 0g

0%

Total Carbohydrate 0g

0%

Protein 0g

0%

Vitamin A

0%

Vitamin C

0%

Iron

0%

Riboflavin

0%

Niacin

0%

Not a significant source of calories from fat, saturated fat, cholesterol, calcium, and iron.

*Percent Daily Values are based on a 2,000 calorie diet



Orange

Serving Size 1 medium (131g)

Amount Per Serving

Calories 62

% Daily Value*

Total Fat 0g

0%

Sodium 0mg

0%

Total Carbohydrate 15g

5%

Dietary Fiber 3g

12%

Sugars 12g

Protein 1g

2%

Vitamin A

5%

Vitamin C

117%

Calcium

5%

Thiamin

8%

Riboflavin

3%

Niacin

2%

Not a significant source of calories from fat, saturated fat, cholesterol, and iron.

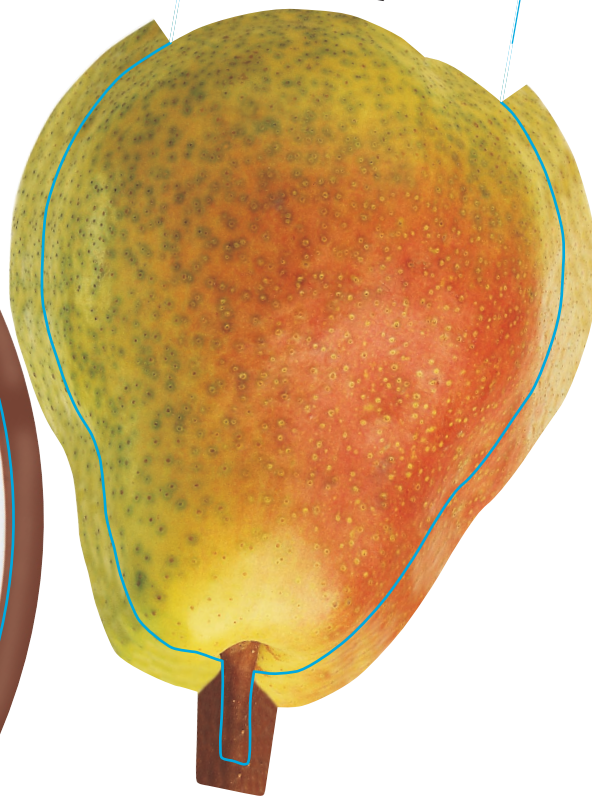
*Percent Daily Values are based on a 2,000 calorie diet



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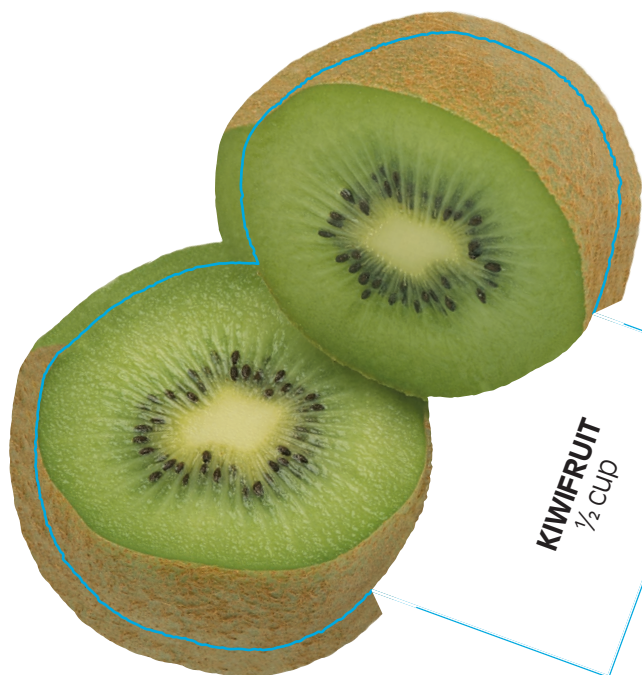
CANNED PEARS
½ cup



PEAR
1 medium



PINEAPPLE
½ cup



KIWIFRUIT
½ cup

Pear	
Serving Size 1 medium (166g)	
Amount Per Serving	
Calories 98	% Daily Value*
Total Fat 1g	0%
Sodium 1mg	0%
Total Carbohydrate 25g	16%
Dietary Fiber 4g	
Protein 1g	2%
Sugars 17g	
Vitamin C	2%
Calcium	2%
Iron	4%
Thiamin	
Riboflavin	
Not a significant source of saturated fat, cholesterol, vitamin A, and niacin.	
Percent Daily Values are based on a diet of 2,000 calories	



Pears	
Serving Size 1 medium (166g)	
Amount Per Serving	
Calories 98	
Total Fat 1g	0%
Sodium 1mg	0%
Total Carbohydrate 25g	16%
Dietary Fiber 4g	
Protein 1g	2%
Sugars 17g	
Vitamin C	2%
Calcium	2%
Iron	4%
Thiamin	
Riboflavin	
Not a significant source of saturated fat, cholesterol, vitamin A, and niacin.	
Percent Daily Values are based on a diet of 2,000 calories	



Pineapple	
Serving Size 1 cup (128g)	
Amount Per Serving	
Calories 56	% Daily Value*
Total Fat 0g	0%
Sodium 1mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	
Protein 0g	0%
Sugars 9g	
Vitamin C	20%
Calcium	1%
Iron	2%
Thiamin	2%
Riboflavin	2%
Not a significant source of saturated fat, cholesterol, and vitamin A.	
Percent Daily Values are based on a diet of 2,000 calories	



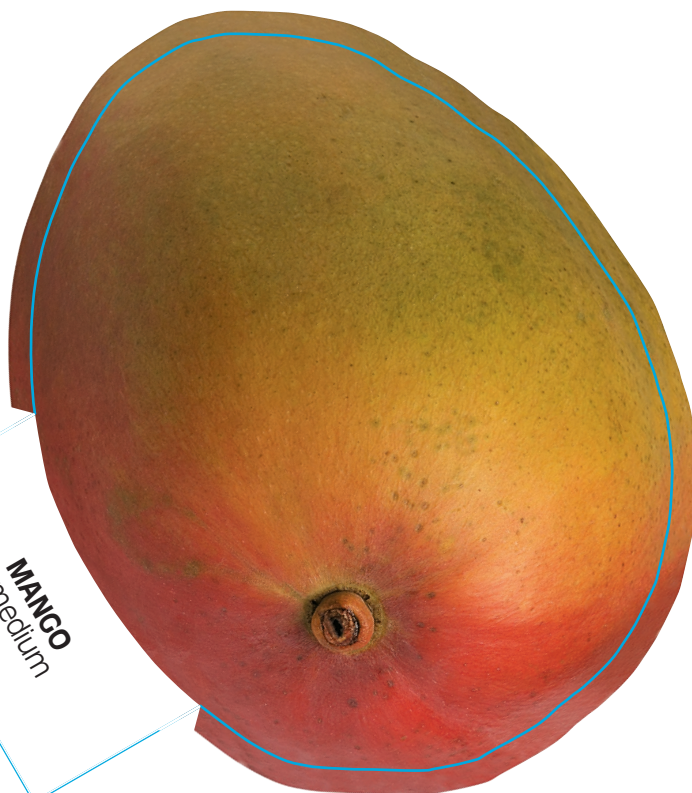
Kiwi fruit	
Serving Size 1 kiwi fruit (61g)	
Amount Per Serving	
Calories 56	% Daily Value*
Total Fat 0g	0%
Sodium 1mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	
Protein 0g	0%
Sugars 9g	
Vitamin C	20%
Calcium	1%
Iron	2%
Thiamin	2%
Riboflavin	2%
Not a significant source of saturated fat, cholesterol, and vitamin A.	
Percent Daily Values are based on a diet of 2,000 calories	



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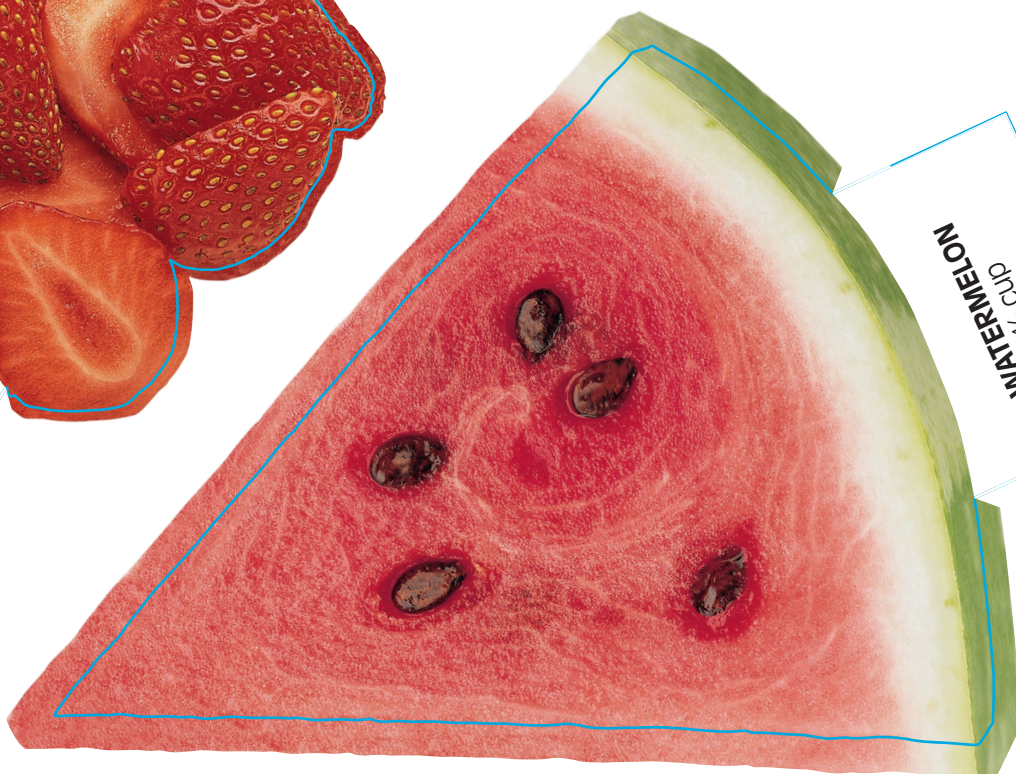
RAISINS
1/4 cup



MANGO
1 medium



STRAWBERRIES
1/2 cup



WATERMELON
1/2 cup



Mango	
Raw	
Serving Size 1 medium (1/2 cup 107g)	
Amount Per Serving	
Calories	% Daily Value*
62	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 1g	2%
Vitamin A	15%
Vitamin C	47%
Thiamin	4%
Riboflavin	4%
Niacin	3%
Not a significant source of calories from fat, saturated fat, cholesterol, calcium and iron.	
Percent Daily Values are based on a 2,000 calorie diet	



Raisins	
Serving Size 1/4 cup (36g)	
Amount Per Serving	
Calories	% Daily Value*
109	
Total Fat 0g	0%
Sodium 419g	10%
Total Carbohydrate 29g	8%
Dietary Fiber 2g	2%
Sugars 23g	2%
Protein 1g	2%
Vitamin C	2%
Calcium	2%
Iron	2%
Thiamin	2%
Riboflavin	2%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, and niacin.	
Percent Daily Values are based on a 2,000 calorie diet	



Strawberries	
Serving Size 1/2 cup (75g)	
Amount Per Serving	
Calories	% Daily Value*
23	
Total Fat 0g	0%
Sodium 1mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 0g	0%
Vitamin C	70%
Iron	2%
Riboflavin	3%
Not a significant source of calories from fat, saturated fat, cholesterol, vitamin A, calcium, thiamin, and niacin.	
Percent Daily Values are based on a 2,000 calorie diet	



Watermelon	
Serving Size 1/2 cup (80g)	
Amount Per Serving	
Calories	% Daily Value*
25	
Total Fat 0g	0%
Sodium 21mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	0%
Sugars 7g	0%
Protein 0g	0%
Vitamin A	0%
Vitamin C	13%
Thiamin	6%
Riboflavin	4%
Not a significant source of calories from fat, saturated fat, cholesterol, fiber, calcium, iron, and niacin.	
Percent Daily Values are based on a 2,000 calorie diet	