

VEGETABLES

Vegetable (1/2 cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Cucumber	6.8	0.1	1.4	0.4
Romaine Lettuce (1 cup)	7.8	0.2	1.4	1
Cabbage	11.1	0.1	2.4	0.6
Summer Squash	11.3	0.1	2.5	0.7
Radish	11.6	0.3	2.1	0.3
Celery, cooked	13.5	0.1	3	0.6
Eggplant, cooked	13.9	0.1	3.3	0.4
Cauliflower, cooked	14.3	0.3	2.5	1.1
Zucchini, cooked	14.4	0	3.5	0.6
Banana Peppers *	17	0.3	3.3	0.9
Green Beans	17.1	0.1	3.9	1
Tomato	18.9	0.3	4.2	0.8
Green & Red Bell Peppers	19	0.1	4.6	0.6
Potato	57	0	13	1
Spinach, cooked	20.7	0.2	3.4	2.7
Mushrooms, cooked	21.1	0.4	4	1.7
Broccoli, cooked	21.8	0.3	3.9	2.3
Asparagus, cooked *	22	0.3	3.8	2.3
Pumpkin, cooked	24.5	0.1	6	0.9
Leek	27.1	0.1	6.3	0.7
Brussel Sprouts	30.4	0.4	6.8	2
Onion	30.4	0.1	6.9	0.9
Carrot, cooked	35.1	0.1	8.2	0.9
Peas	58.7	0.3	10.5	3.9
Sweet Corn	66.2	0.9	14.6	2.5
Sweet Potato, cooked	103	0.1	24.3	1.7

Fruit

Fresh Fruit (1/2 cup)	Calories	Fat (g)	Carbs (g)	Protein (g)
Watermelon	24.3	0.3	5.5	0.5
Strawberry	24.9	0.3	5.8	0.5
Cantaloupe	27.3	0.2	6.5	0.7
Honeydew Melon	29.8	0.1	7.8	0.4
Raspberries	30.1	0.3	7.1	0.6
Nectarine	33.8	0.3	8.1	0.6
Grapefruit	34.5	0.1	8.6	0.6
Peach	36.6	0.1	9.4	0.6
Apple	36.9	0.2	9.5	0.1
Blackberries	37.4	0.3	9.2	0.5
Pineapple	38	0.3	9.6	0.3
Apricot	39.6	0.3	9.2	1.2
Cherry	42.1	0.6	9.7	0.7
Orange	42.3	0.1	10.6	0.8
Tangerines	42.9	0.2	10.9	0.6
Plum	45.4	0.5	10.7	0.7
Pear	48.7	0.3	12.5	0.3
Mango	53.6	0.2	14	0.4
Kiwi	54	0.4	13.2	0.9
Grapes	56.8	0.5	14.2	0.5
Banana	69	0.4	17.6	0.8
Raisins (1/4 cup)	109	0.2	29	1.2
Dates (1/4 cup)	122.4	0.2	33	0.4