

Fresh Fruit & Vegetables	Calories	Carbs (g)
Apple	96	23
Apple Slices, Bag	29	8
Apricots Cup	110	25
Banana	90	29
Blueberries	49	12
Broccoli Florets	32	6
Cantaloupe	27	7
Carrots & Celery, Bag	20	4
Carrots	26	7
Cauliflower Florets	12	3
Celery Sticks	11	2
Cherries	45	9
Clementine's	70	18
Cole Slaw	251	20
Cucumber Slices, Bag	11	3
Grape Tomatoes	21	5
Grapefruit	52	13
Grapes	58	15
Grapes, Bag	38	10
Kiwi	84	20
Mango	78	20
Nectarines	62	15
Orange	45	11
Peach	59	19
Peach Cup	80	14
Pear	101	27
Peas, Snap	26	5
Pepper Strips, Bag	13	3
Pluots	80	19
Raisins	129	34
Spinach Salad	26	4
Starfruit	30	7
Strawberries, Whole	29	7
Strawberry Cup	80	19
Sugar Snaps & Grape Tomatoes, Bag	14	3
Tangelos	70	13
Tangerines	47	12
Watermelon	46	12