

All Fruit at 1/2 cup each	All Veggies at 1/4 cup each											Calories	Carb	Sugar	Sodium
Fresh Apple	70	0	0			18		0							
Fresh Apple Slices	70	0	0			18		0							
Fresh Baby Carrots	50	0	0			12		90							
Fresh Banana	110	0	0			27		0							
Fresh Broccoli	25	0	0			6		0							
Fresh Cantaloupe	30	0	0			7		15							
Fresh Cauliflower	15	0	0			2		15							
Fresh Celery Sticks	0	0	0			4		60							
Fresh Clementine	35	0	0			9		0							
Fresh Cucumbers	0	0	0			1		5							
Fresh Grapes	60	0	0			18		0							
Fresh Grape Tomatoes	15	0	0			3.5		5							
Fresh Green Peppers	15	0	0			4		0							
Fresh Honeydew	40	0	0			10		0							
Fresh Mixed Fruit	40	0	0			10		0							
Fresh Orange	90	0.5	0			21		0							
Fresh Pear	90	0	0			25		0							
Fresh Pineapple	40	0	0			10		0							
Fresh Red Peppers	25	0	0			4.5		2.5							
Fresh Watermelon	23	0	0			6		0							
Steamed Broccoli	25	0	0			5		0							
Steamed Brown Rice	170	1.5	0			36		0							
Steamed Carrots	30	0	0			7		45							
Steamed Cauliflower	10	0	0			2		10							
Steamed Corn	80	1	0			20		5							
Steamed Green Beans	30	0	0			3		0							
Steamed Green Peas	70	0	0			12		80							
Steamed Vegetable Medley	20	0	0			4		20							
Black Beans	100	0	0			18		520							