

Fruits	Serving Size	Calories	Carbohydrates (grams)	Total Fat (grams)	Saturated Fat (grams)	Fiber (grams)	Protein (grams)	Allergens*
Apple (fresh)	1	71	19	0	0	3.3	0.3	none
Applesauce	1/2 cup	50	14	0	0	1	0	none
Banana (fresh)	1	90	23	0	0	2.5		none
Blueberries (frozen)	1/2 cup	40	9	1	0	2	0	none
Cranberries (dried)	1 oz	92	22.5	0	0	1		none
Fruit mix (canned)	1/2 cup	69	18	0	0	1	0.5	none
Grapes (fresh)	1/2 cup	30	7.8	0	0	0.5	0.2	none
Kiwi (fresh)	1	46	11	0	0	2		none
Orange (fresh)	1	55	13.7	0	0	3	1	none
Peaches (canned)	1/2 cup	60	14	0	0	0	0	none
Peach (fresh)	1	60	14	0	0	2	1	none
Pears (canned)	1/2 cup	70	18	0	0	3	0	none
Pears (fresh)	1	96	26	0	0	5		none
Plums (fresh)	1	41	10	0	0	1.2	0.6	none
Raisins	1 box	80	21	0	0	1	0.8	none
Sidekicks (100% juice, froz)	4 oz	80	20	0	0	0		none
Strawberries (fresh)	6 each	23	6	0	0	1.5		none
Strawberry cup (frozen)	1/2 cup	90	22	0	0	2	1	none
Tangerines (fresh)	1	47	12	0	0	1.5		none
Vegetables								
Black Bean Corn Salad	1/2 cup	154	21	5.8	0.7	6	5.6	none
Broccoli	1/2 cup	11	2.1	0	0	0.8	0.9	none
Carrots	1/2 cup	20	4.6	0	0	1.6	0.3	none
Cauliflower	1/2 cup	12	2.5	0	0	1	0.9	none
Celery	1/2 cup	8	1.5	0	0	0.8	0.3	none
Corn	1/2 cup	64	14	0.9	0	1.5	2	none
Cucumber	1/2 cup	12	2	0	0	0.7	0.5	none
Garbanzo beans	1/4 cup	60	10	1	0	3		none
Garbanzo beans, roasted	1/2 cup	108	15	3.7	0	4	4	none
Jalapenos	1/4 cup	4	0.9	0	0	0	0	none
Jicama	1/2 cup	22	5	0	0	3		none
Lettuce, romaine	1 cup	6	1.5	0	0	0.8	0.4	none
Marinara sauce	2 oz	48	6	2	0	0.5	1	soybean oil
Mixed Green Salad	1 cup	15	3	0	0	1.5	0.7	none
Olives, slices	1/4 cup	53	1.7	4.4	0	0	0	none
Peppers, bells	1/4 cup	12	2	0	0	1		none
Pickles, dill	4 slices	3	0.5	0	0	0		none
Pinto Beans	1/2 cup	103	18	1	0	5		none
Potatoes, oven fries	1/2 cup	120	20	4	0.5	2	1	S
Refried Beans w/cheese	1/2 c	120	16	2	1.5	5.6	7	D
Tomatoes, cherry	1/2 cup	13	2.8	0	0	0.9	0.6	none
Tomato slices	1/2 cup	16	3.5	0	0	1	0.8	none
Juice (100% juice)								
Apple	4 oz	55	15	0	0	0	0	none
Appleberry	4 oz	60	15	0	0	0	0	none
Grape	4 oz	60	15	0	0	0	0	none
Orange	4 oz	55	14	0	0	0	0	none
Milk								
Milk Fat Free Chocolate	8 oz	110	20	0	0	0	8	D
Milk 1%	8 oz	102	12	2.3	1.5	0	8	D
Milk nonfat	8 oz	90	12	0	0	0	9	D
Extra								
BBQ sauce	1 Tbsp	30	7.5	0	0	0	0	none
Chili Lime Seasoning	1/4 tsp	0	0	0	0	0	0	none
Choc Chip Cookie (Fat Cat)	1	147	24	5	1.5	1.6	2	D,E,W
Italian dressing	1 oz	117	1	13.6	1.9	0	0	S
Ketchup	1 Tbsp	17	4.6	0	0	0	0	none
Mayonnaise	1 Tbsp.	100	0	11	1.5	0	0	E,S
Mustard	1 tsp	0	0	0	0	0	0	none
Ranch dressing	1 oz	62	0.4	6.5	0.9	0	0.2	D,E,S
Salsa (red)	1/4 cup	11	1.5	0	0	0.5	0.4	none
Salsa Verde	1/4 cup	15	3	0	0	1	0	none
Syrup	1.25 oz	120	30	0	0	0	0	none
Tapatío	1 packet	5	0	0	0	0	0	none

*ALLERGENS NOTED: D = Dairy, E = Eggs, F = Fish, P = Peanuts, S = Soy, T = Treenuts, W = Wheat