Fruit	Ser.Size	Calories	Fat	Sat Fat	Protien	Carbs	Sodium
Apple Slices	1/2 C	29	0.01	0	0.15	8	0
Whole Apple	1	72	0.23	0.04	0.36	19	0
Whole Orange	1	64	0.2	0.02	1.19	16.43	0
Orange wedges	1/2 Cup	32	0.1	0.01	0.02	8.22	0
Banana	1 petit	110	0	0	0	29	0
Pineapple Tidbits	1/2 C	75	0	0	1	20	0
Dic/Sli Peaches	1/2 C	53	0.13	0	0.5	6.7	0
Blueberries	1/2 C	40	1	0	0	5	0.5
Strawberry Cup	1/2 C	90	0	0	1	22	0
Mix Berry Cup	1/2 C	90	0	0	0	20	0
Frozen Sidekick	1/2 C	80	0	0	0	20	0
Applesauce	1/2 C	51	0.03	0.01	0.21	14	0
Apple Juice	1/2 C	60	0	0	0	14	0
Orange Juice	1/2 C	60	0	0	1	13	0
Grape Juice	1/2 Cup	80	0	0	1	18	0
Fruit Juice	1/2 C	60	0	0	0	14	0
Raisins	1.5 O	129	0.2	0	1.3	34	0