

Description	Portion Size	Calories	Protein grams	Carbs grams	Total Fat grams	Fiber grams	Iron Mg	Calcium Mg	Vitamin A Re	Vitamin C Mg
Beverages										
Apple Juice	4 oz	58	0.07	14.48	0.14	0.12	0.46	8.68	0.00	51.58
Cool Tropic 100% Juice Slush	10 oz cup	165	0.00	39.40	0.00	*	0.00	0.00	0.00	75.00
Cranberry Juice	4 oz	69	0.00	17.50	0.00	0.13	0.11	6.25	13.00	12.38
Dasani Lemon Water	20 oz	5		0.00				0.00		0.00
Dasani Raspberry Water	20 oz	3		0.00				0.00		0.00
Dasani Strawberry Water	20 oz	5		0.00				0.00		0.00
Dasani Water	20 oz	0	0.00	0.00	0.00	0.00	0.06	11.85	0.00	0.00
Milk 1%	8 oz	102	8.03	11.66	2.59	0.00	0.12	300.12	144.00	2.44
Milk, Chocolate 1%	8 oz	158	8.10	26.10	2.50	1.25	0.60	287.50	148.00	2.25
Milk, Skim	8 oz	86	8.35	11.88	0.44	0.00	0.10	301.35	149.00	2.45
Milk, Whole White	8 oz	146	7.90	11.18	8.02	0.00	0.12	285.60	74.00	2.16
Minute Maid Apple Juice	12 oz	170	0.00	41.00	0.00	0.00	0.00	0.00	0.00	60.00
Minute Maid Fruit Medley	12 oz	170	0.00	43.00	0.00	0.00	0.00	0.00	0.00	60.00
Minute Maid Mixed Berry	12 oz	180	0.00	44.00	0.00	0.00	0.00	0.00	0.00	60.00
Minute Maid Orange Juice .	12 oz	170	2.00	40.00	0.00	0.00	0.00	40.00	0.00	78.00
Orange Juice	4 oz	56	0.00	13.00	0.00	0.00	0.12	11.00	6.00	49.00
Power Ade Option	20 oz	25	0.00	5.00	0.00					
Powerade	20 oz	160	0.00	42.50	0.00					
Fruits										
Apple	each	81	0.26	21.04	0.50	3.77	0.25	9.66	7.00	7.87
Applesauce	1/2 cup	97	0.23	25.39	0.23	1.53	0.45	5.00	1.00	2.20
Apricots	1/2 cup	50	0.00	13.00	0.00	1.00	0.20	8.00	55.00	2.00
Banana	each	93	1.04	23.66	0.48	2.42	0.31	6.00	8.00	9.20
Blueberries	1/2 cup	40	0.33	9.43	0.50	2.09	0.14	6.00	6.00	1.90
Cranberries Dried	1/4 cup	97	0.00	24.00	0.00	1.00	0.20	0.00	0.00	0.00
Kiwi	small	90	1.69	21.7	0.77	4.44	0.46	50.32	129	137.2
Mixed Fruit Canned	1/2 cup	72	0.00	18.00	0.00	0.00	0.40	6.00	26.00	2.00
Orange	each	62	1.00	15.00	0.20	3.00	0.10	52.00	28.00	70.00
Peaches, Light Syrup	1/2 cup	66	0.00	18.00	0.00	0.00	0.40	2.00	42.00	2.00
Pear, Fresh	small	98	0.00	25.00	0.70	4.00	0.40	18.00	3.00	6.00
Pears, canned	1/2 cup	72	0.00	18.00	0.00	2.00	0.40	6.00	0.00	0.00
Pineapple	1/2 cup	64	0.00	16.00	0.20	1.00	0.40	16.00	0.00	8.00
Raisins	1.33 oz pk	110	1.00	30.00	0.00	1.00	1.00	18.00	0.00	1.00
Tangerine	each	37	0.53	9.40	0.16	3.14	0.13	52.00	28.00	69.70