

# Protein Dictionary

## Fruits

All protein values are in grams.

## Citrus Fruits, Juices

Calamondin, raw	
1 Fruit (1" dia)	0.2
1 cup	1.2
Grapefruit, raw	
1 cup	1.4
1 oz yields	0.1
1 section	0.1
1 small (approx 3-1/2" dia)	1.3
1 medium (approx 4" dia)	1.6
1 large (approx 4-1/2" dia)	2.1
Grapefruit, canned or frozen	
1 cup	1.7
Grapefruit, canned or frozen, unsweetened, water pack	
1 cup	1.4
Grapefruit, canned or frozen, in light syrup	
1 cup	1.4
Grapefruit and orange sections, raw	
1 cup	1.7
1 section	0.1
Grapefruit and orange sections, cooked, canned, or frozen	
1 cup	1.5
Grapefruit and orange sections, cooked, canned, or frozen, unsweetened, water pack	
1 cup	1.3
Grapefruit and orange sections, cooked, canned, or frozen, in light syrup	
1 cup	1.5
Kumquat, raw	
1 oz yields	0.5
1 kumquat	0.4
Kumquat, cooked or canned, in syrup	
1 kumquat	0.2
Lemon, raw	
1 cup, sections	2.3
1 oz yields	0.2
1 fruit (2-1/8" dia)	0.6
1 fruit (2-3/8" dia)	0.9
1 wedge or slice (1/8 of one 2-1/8" dia lemon)	0.1
Lemon pie filling	
1 cup	12.6

Lime, raw	
1 oz yields	0.2
1 fruit (2" dia)	0.5
1 wedge or slice (1/8 of one 2" dia lime)	0.1
Juice of 1 lime (2" dia)	0.3
Juice of 1 wedge or slice	0
Orange, raw	
1 cup, sections	1.7
1 oz yields	0.2
1 medium (2-5/8" dia)	1.2
1 large (3-1/16" dia)	1.7
1 small (2-3/8" dia)	0.9
1 section or slice	0.2
Orange, sections, canned, juice pack	
1 cup	1.7
Orange peel	
1 tablespoon	0.1
Orange, mandarin, canned or frozen	
1 cup	1.1
Orange, mandarin, canned or frozen, juice pack	
1 cup	1.5
Orange, mandarin, canned or frozen, in light syrup	
1 cup	1.1
Orange, mandarin, canned or frozen, drained	
1 cup	1.4
10 sections	0.3
Tangelo, raw	
1 cup, sections	2.3
1 oz yields	0.2
1 medium (2-1/2" dia)	0.9
1 large (2-3/4" dia)	1.1
1 small (2-1/4" dia)	0.6
1 section	0.1
Tangerine, raw	
1 cup, sections	1.6
1 oz yields	0.2
1 medium (2-3/8" dia)	0.7
1 large (2-1/2" dia)	0.8
1 small (2-1/4" dia)	0.6
1 section	0.1
1 clementine	0.6
Grapefruit juice, freshly squeezed	
1 cup	1.2
1 fl oz	0.2
Juice of 1 grapefruit	1
Grapefruit juice	
1 cup	1.3
1 fl oz	0.2

Grapefruit juice, canned, bottled or in a carton	
1 cup	1.3
1 fl oz	0.2
Grapefruit juice, frozen (reconstituted with water)	
1 cup	1.4
1 fl oz	0.2
Lemon juice	
1 cup	1
1 fl oz	0.1
Lemon juice, fresh	
1 cup	0.9
1 fl oz	0.1
Juice of 1 lemon (2-1/8" dia)	0.2
Juice of 1 wedge or slice	0
Lemon juice, canned or bottled	
1 cup	1
1 fl oz	0.1
1 individual packet	0
10 drops	0
Lemon juice, frozen	
1 cup	1.1
1 fl oz	0.1
Lime juice	
1 cup	0.6
1 fl oz	0.1
Lime juice, fresh	
1 cup	1
1 fl oz	0.1
Juice of 1 lime (2" dia)	0.2
Juice of 1 wedge or slice	0
Lime juice, canned or bottled	
1 cup	0.6
1 fl oz	0.1
Lime juice, frozen	
1 cup	1
1 fl oz	0.1
Orange juice	
1 cup	1.7
1 fl oz	0.2
Orange juice, freshly squeezed	
1 cup	1.7
1 fl oz	0.2
Juice of 1 orange (2-5/8" dia)	0.6

Orange juice, canned, bottled or in a carton	
1 cup	1.5
1 fl oz	0.2
1 individual school carton	0.7
1 fun size box (4.23 fl oz)	0.8
1 McDonald's carton	1.1
1 bottle (16 fl oz)	2.9
1 juice box (6.75 fl oz)	1.2
Orange juice, with calcium added, canned, bottled or in a carton	
1 fl oz	0.2
1 cup	1.5
Orange juice, frozen (reconstituted with water)	
1 cup	1.7
1 fl oz	0.2
Orange juice, frozen, not reconstituted	
1 cup	6.8
1 fl oz	0.8
Orange juice, frozen, with calcium added (reconstituted with water)	
1 cup	1.7
1 fl oz	0.2
Tangerine juice	
1 cup	1.2
1 fl oz	0.2
Tangerine juice, canned	
1 cup	1.2
1 fl oz	0.2
Tangerine juice, frozen (reconstituted with water)	
1 cup	1.2
1 fl oz	0.2
Fruit juice blend, including citrus, 100% juice	
1 cup	1.5
1 fl oz	0.2
1 fun size box (4.23 fl oz)	0.8
1 juice box (6.75 fl oz)	1.3
Fruit juice blend, including citrus, 100% juice, with calcium added	
1 cup	1.5
1 fl oz	0.2

## Dried Fruits

Fruit, dried (uncooked)	
1 cup	3.6
Fruit mixture, dried (mixture includes three or more of the following: apples, apricots, dates, papaya, peaches, pears, pineapples, prunes, raisins)	
1 cup	3
Apple, dried, uncooked	
1 cup	0.8
1 ring	0.1
Apple, dried, uncooked, low sodium	
1 cup	0.8
1 ring	0.1
Apple, dried, cooked	
1 cup	0.6
Apple, dried, cooked, unsweetened	
1 cup	0.6
Apple, dried, cooked, with sugar	
1 cup	0.6
Apple chips	
1 cup	0.3
10 chips	0.2
Apricot, dried, uncooked	
1 cup	4.4
1 half	0.1
Apricot, dried, cooked	
1 cup	3
1 apricot half	0.1
Apricot, dried, cooked, unsweetened	
1 cup	3
1 apricot, whole	0.1
1 apricot half	0.1
1 cup, halves	3
1 cup, whole	3
Apricot, dried, cooked, with sugar	
1 cup	2.9
1 apricot, whole	0.1
1 apricot half	0.1
1 cup, halves	2.9
1 cup, whole	2.9
Banana flakes, dehydrated	
1 cup	3.9
Banana chips	
1 cup	2.5
10 chips	0.5

Currants, dried		
1 cup		5.9
Cranberries, dried		
1 cup		0.1
1 piece		0
Date		
1 cup, pitted, chopped		3.6
1 oz, with pits, yields		0.6
1 date		0.2
Fig, dried, uncooked		
1 cup		6.6
1 fig		0.6
Fig, dried, cooked		
1 cup		3.7
Fig, dried, cooked, unsweetened		
1 cup		3.7
Fig, dried, cooked, with sugar		
1 cup		3.5
Lychee, dried (lychee nuts)		
1 nut		0.1
Mango, dried		
1 cup		1.5
1 package (3.5 oz)		1.5
1 strip (3-1/4" x 7/8" x 1/8")		0.1
Papaya, dried		
1 strip		0.9
Peach, dried, uncooked		
1 cup		5.8
1 half		0.5
Peach, dried, cooked		
1 cup		3
Peach, dried, cooked, unsweetened		
1 cup		3
Peach, dried, cooked, with sugar		
1 cup		2.8
Pear, dried, uncooked		
1 cup		3.4
1 half		0.3
Pear, dried, cooked		
1 cup		2.3
Pear, dried, cooked, unsweetened		
1 cup		2.3

Pear, dried, cooked, with sugar	
1 cup	2.3
Pineapple, dried	
1 piece	0.8
Plum, rock salt, dried	
1 cup	3.5
1 oz yields	0.6
1 plum	0.1
Prune, dried, uncooked	
1 cup, with pits, yields	3.5
1 cup, pitted	3.8
1 oz, with pits, yields	0.5
1 cup	3.8
1 prune	0.2
Prune, dried, cooked	
1 cup, with pits, yields	2
1 cup, pitted	2.4
1 oz, with pits, yields	0.2
1 cup	2.4
1 prune	0.1
Prune, dried, cooked, unsweetened	
1 cup, with pits, yields	2
1 cup, pitted	2.4
1 oz, with pits, yields	0.2
1 cup	2.4
1 prune	0.1
Prune, dried, cooked, with sugar	
1 cup, with pits, yields	2.1
1 oz, with pits, yields	0.2
1 cup	2.4
1 cup, pitted	2.4
1 prune	0.1
Raisins	
1 cup	4.5
1 miniature box (.5 oz)	0.4
1 small box (1.5 oz)	1.3
50 raisins	0.8
Raisins, cooked	
1 cup	4.2
1 raisin	0
Tamarind pulp, dried, sweetened ("Pulpitas")	
1 cup, pieces, without seeds	5.5
1 packet	1.4
1 piece, without seeds	0.6

## Other Fruits

Fruit	
1 cup	0.9
1 fruit	1
Apple, raw	
1 cup	0.3
1 cup, sliced	0.3
1 cup, quartered or chopped	0.3
1 oz, with skin, yields	0.1
1 medium (2-3/4" dia) (approx 3 per lb)	0.4
1 large (3-1/4" dia) (approx 2 per lb)	0.6
1 small (2-1/2" dia) (approx 4 per lb)	0.3
1 ring	0
1 thin slice	0
1 crabapple	0.1
1 slice	0
Applesauce, stewed apples	
1 cup, sauce	0.5
1 medium apple yields	0.3
1 large apple yields	0.4
1 small apple yields	0.2
1 snack size (4 oz)	0.2
Applesauce, stewed apples, unsweetened	
1 cup, sauce	0.4
1 cup, sliced	0.3
1 cup	0.4
1 medium apple yields	0.2
1 large apple yields	0.4
1 small apple yields	0.2
1 snack size (4 oz)	0.2
Applesauce, stewed apples, with sugar	
1 cup, sauce	0.5
1 cup, sliced	0.4
1 cup	0.5
1 medium apple yields	0.3
1 large apple yields	0.4
1 small apple yields	0.2
1 snack size (4 oz)	0.2
Applesauce, stewed apples, sweetened with low calorie sweetener	
1 cup	0.4
Applesauce with other fruits	
1 cup	0.6
1 Mott's fruit pak (3.75 oz)	0.2
Apple, cooked or canned, with syrup	
1 cup, slices	0.4
1 slice with syrup	0
Apple, baked	
1 apple with liquid	0.4
1 cup	0.5

Apple, baked, unsweetened	
1 apple with liquid	0.5
1 cup	0.5
Apple, baked, with sugar	
1 apple with liquid	0.4
1 cup	0.5
Apple rings, fried	
1 ring	0.1
Apple, pickled	
1 apple	0.1
1 cup, whole	0.3
1 cup, sliced	0.3
1 slice	0
Apple, fried	
1 cup	0.4
1 medium apple yields	0.3
1 large apple yields	0.4
1 small apple yields	0.2
Apricot, raw	
1 apricot	0.5
1 cup, halves	2.2
1 cup, sliced	2.3
1 oz yields	0.4
1 cup	2.2
Apricot, cooked or canned	
1 apricot half with liquid	0.2
1 cup	1.3
1 cup, halves	1.3
1 cup, whole	1.3
1 whole apricot with liquid	0.3
Apricot, cooked or canned, unsweetened, water pack	
1 apricot half with liquid	0.3
1 cup	1.7
1 cup, halves	1.7
1 cup, whole	1.6
1 whole apricot with liquid	0.3
Apricot, cooked or canned, in heavy syrup	
1 apricot half with liquid	0.2
1 cup	1.4
1 cup, halves	1.4
1 cup, whole	1.3
1 whole apricot with liquid	0.3
Apricot, cooked or canned, in light syrup	
1 apricot half with liquid	0.2
1 cup	1.3
1 cup, halves	1.3
1 cup, whole	1.3
1 whole apricot with liquid	0.3

Apricot, cooked or canned, drained solids	
1 apricot half	0.1
1 cup	1.4
1 cup, halves	1.4
1 cup, whole	1.2
1 whole apricot	0.2
Apricot, cooked or canned, juice pack	
1 apricot half with liquid	0.2
1 cup	1.5
1 cup, halves	1.5
1 cup, whole	1.4
1 whole apricot with liquid	0.3
Avocado, raw	
1 avocado, California (black skin)	2.7
1 avocado, Florida (green skin)	6.1
1 avocado	4
1 cup	2.9
1 cup, sliced	2.9
1 cup, cubes	3
1 cup, mashed or pureed	4.6
1 oz yields	0.4
1 slice	0.2
Banana, raw	
1 cup	1.6
1 cup, sliced	1.6
1 cup, mashed	2.5
1 oz yields	0.2
1 extra small (less than 6" long)	0.9
1 small (6" to 6-7/8" long)	1.1
1 medium (7" to 7-7/8" long)	1.3
1 large (8" to 8-7/8" long)	1.5
1 extra large (9" or longer)	1.7
1 slice	0.1
1 linear inch	0.2
Banana, white, ripe (guineo blanco maduro)	
1 oz yields	0.2
1 fruit	1.3
Banana, Chinese, raw	
1 medium (5-1/4" long)	0.7
1 large (7" long)	0.9
1 small (4-3/4" long)	0.5
Banana, red, ripe (guineo morado)	
1 cup, sliced	1.6
1 fruit (7-1/4" long)	1.1
Banana, red, fried	
1 fruit (7-1/4" long)	1.1
Banana, baked	
1 banana (7-1/4" long)	1.6

Banana, ripe, fried	
1 medium	1.1
1 large	1.3
1 small	0.9
Banana, ripe, boiled	
1 medium	1
1 large	1.1
1 small	0.8
Banana, batter-dipped, fried	
1 cup	3.8
1 medium	3.8
1 large	4.3
1 small	3
Cantaloupe (muskmelon), raw	
1 cup, balls	1.5
1 cup, diced	1.3
1 cubic inch	0.2
1 oz yields	0.1
1 cup	1.3
1 medium melon (about 5" dia)	4.6
1 large melon (about 6 1/2" dia)	6.8
1 medium wedge (1/8 of medium melon)	0.6
1 large wedge (1/8 of large melon)	0.9
1 small melon (about 4 1/4" dia)	3.7
1 small wedge (1/8 of small melon)	0.5
10 cantaloupe balls	1.2
Cantaloupe, frozen (balls)	
1 cup	1.5
10 cantaloupe balls	1.1
Carambola (starfruit), raw	
1 cup, sliced	1.1
1 cup, cubes	1.4
1 cup	1.1
1 medium (3-5/8" long)	0.9
1 large (4-1/2" long)	1.3
1 small (3" long)	0.7
1 slice	0.1
Carambola (starfruit), cooked, with sugar	
1 cup	2.3
Cassaba melon, raw	
1 cup	1.9
1 oz yields	0.2
1 melon	18.2
Cherries, maraschino	
1 cup	0.4
1 cherry	0

Cherries, sour, red, raw	
1 cup	1
1 cup, with pits, yields	1
1 cup, pitted	1.5
1 oz, with pits, yields	0.3
Cherry pie filling	
1 cup	1.6
Cherry pie filling, low calorie	
1 cup	2.2
Cherries, sour, red, cooked, unsweetened	
1 cup, pitted	1.9
Cherries, sweet, raw (Queen Anne, Bing)	
1 cup	1.5
1 cup, with pits, yields	1.5
1 cup, pitted	1.6
1 oz yields	0.3
1 cherry	0.1
Cherries, sweet, cooked or canned	
1 cup, with pits, yields	1.4
1 cup, pitted	1.5
1 cup	1.5
1 fruit	0.1
Cherries, sweet, cooked, unsweetened, water pack	
1 cup, with pits, yields	1.8
1 cup, pitted	1.9
1 cup	1.9
1 fruit	0.1
Cherries, sweet, cooked or canned, in heavy syrup	
1 cup, with pits, yields	1.4
1 cup, pitted	1.5
1 cup	1.5
1 fruit	0.1
Cherries, sweet, cooked or canned, in light syrup	
1 cup, with pits, yields	1.5
1 cup, pitted	1.5
1 cup	1.5
1 fruit	0.1
Cherries, sweet, cooked or canned, drained solids	
1 cup, with pits, yields	1.3
1 cup, pitted	1.3
1 oz, canned, yields	0.1
1 cup	1.3
1 fruit	0
Cherries, sweet, cooked or canned, juice pack	
1 cup, with pits, yields	2.2
1 cup, pitted	2.3
1 cup	2.3
1 fruit	0.1

Cherries, frozen	
1 cup	1.4
10 cherries	0.5
Currants, raw	
1 cup	1.6
1 oz yields	0.4
Fig, raw	
1 oz yields	0.2
1 medium (2-1/4" dia)	0.4
1 large (2-1/2" dia)	0.5
1 small (1-1/2" dia)	0.3
Fig, cooked or canned	
1 cup	1
1 fig with liquid	0.1
Fig, cooked or canned, unsweetened, water pack	
1 cup	1
1 fig with liquid	0.1
Fig, cooked or canned, in heavy syrup	
1 cup	1
1 fig with liquid	0.1
Figs, cooked or canned, in light syrup	
1 cup	1
1 fig with liquid	0.1
Grapes, raw	
1 cup, seedless	1.1
1 cup, with seeds, yields	1.1
1 oz, seeded, yields	0.2
1 cup	1.1
1 grape, seedless	0
1 grape, with seeds, yields	0
1 grape	0
Grapes, European type, adherent skin, raw	
1 cup, seedless	1.1
1 cup, with seeds, yields	1.1
1 oz, with seeds, yields	0.2
1 cup	1.1
1 grape, seedless	0
1 grape, with seeds, yields	0
1 grape	0
Grapes, American type, slip skin, raw	
1 cup	0.6
1 oz yields	0.1
1 grape	0
Grapes, seedless, cooked or canned	
1 cup	1.2
Grapes, seedless, cooked or canned, unsweetened, water pack	
1 cup	1.2

Grapes, seedless, cooked or canned, in heavy syrup	
1 cup	1.2
Guava, raw	
1 cup, common	4.2
1 cup, strawberry	6.2
1 oz, common, yields	0.6
1 oz, strawberry, yields	0.6
1 cup	4.2
1 guava, common	1.4
1 guava, strawberry	0.2
Guava shell (canned in heavy syrup)	
1 cup	5.6
Juneberry, raw	
1 cup	1.2
1 oz yields	0.2
Kiwi fruit, raw	
1 cup	2
1 fruit	0.9
1 slice	0.1
Lychee, raw	
1 cup	1.6
1 lychee	0.1
Lychee, cooked or canned, in sugar or syrup	
1 cup	1.4
1 lychee with liquid	0.1
Honeydew melon, raw	
1 cup, balls	1
1 cup, diced (approx 20 pieces per cup)	0.9
1 cubic inch	0.1
1 oz yields	0.1
1 cup	0.9
1 melon (5-1/4" dia)	5.4
1 melon (6" - 7" dia)	6.9
1 wedge (1/8 of 5-1/4" dia melon)	0.7
1 wedge (approx 1/16 of melon)	0.3
10 honeydew balls	0.7
1 wedge (approx 1/4 of melon)	1.4
Honeydew, frozen (balls)	
1 cup	1.2
10 honeydew balls	0.7
Mango, raw	
1 cup, sliced	0.8
1 oz yields	0.1
1 mango	1.1
Mango, pickled	
1 tablespoon	0
1 slice	0.1

Mango, cooked	
1 oz	0.1
Nectarine, raw	
1 cup, sliced	1.5
1 oz yields	0.3
1 fruit (2-1/2" dia)	1.4
1 slice	0.1
Nectarine, cooked	
1 cup	2
Papaya, raw	
1 cup, cubes	0.9
1 cup, mashed	1.4
1 oz yields	0.1
1 cubic inch	0.1
1 cup	0.9
1 medium (5-1/8" long x 3" dia)	1.9
1 large (5-3/4" long x 3-1/4" dia)	2.3
1 small (4-1/2" long x 2-3/4" dia)	0.9
1 section or slice	0.2
Papaya, green, cooked	
1 cup	0.6
Papaya, cooked or canned, in sugar or syrup	
1 cup	0.5
Passion fruit, raw	
1 cup	5.2
1 fruit	0.4
Peach, raw	
1 cup	1.4
1 cup, diced	1.5
1 cup, sliced	1.4
1 oz yields	0.2
1 large (2-3/4" dia)	1.6
1 small (2-1/2" dia)	1.2
1 slice	0.1
1 medium (2-2/3" dia)	1.4
1 extra large (3" dia)	2
Peach, cooked or canned	
1 cup	1.2
1 half with liquid	0.4
1 slice with liquid	0.1
1 snack size (4 oz)	0.5
Peach, cooked or canned, unsweetened, water pack	
1 cup	1.1
1 half with liquid	0.4
1 slice with liquid	0.1
Peach, cooked or canned, in heavy syrup	
1 cup	1.2
1 half with liquid	0.4
1 slice with liquid	0.1

Peach, cooked or canned, in light or medium syrup	
1 cup	1.1
1 half with liquid	0.4
1 slice with liquid	0.1
1 snack size (4 oz)	0.5
Peach, cooked or canned, drained solids	
1 cup	1.2
1 oz, canned, yields	0.1
1 half	0.4
1 slice	0.1
Peach, cooked or canned, juice pack	
1 cup	1.6
1 half with liquid	0.6
1 slice with liquid	0.1
Peach, frozen	
1 cup, sliced	1.6
1 half	0.3
10 slices	1
Peach, frozen, unsweetened	
1 cup, sliced	2.3
1 half	0.5
10 slices	1.4
Peach, frozen, with sugar	
1 cup, sliced	1.6
1 half	0.3
10 slices	1
Peach, pickled	
1 cup, whole	1.5
1 oz, canned, yields	0.2
1 fruit	0.5
Peach, spiced	
1 cup	1
1 peach half	0.1
Pear, raw	
1 cup, sliced or cubed	0.6
1 oz yields	0.1
1 medium pear (approx 2-1/2 per lb)	0.6
1 large pear (approx 2 per lb)	0.8
1 small pear (approx 3 per lb)	0.5
1 slice	0.1
Pear, Japanese, raw	
1 fruit	1.4
Pear, cooked or canned	
1 cup	0.5
1 half with liquid	0.2
1 snack size (4 oz)	0.2

Pear, cooked or canned, unsweetened, water pack	
1 cup	0.5
1 half with liquid	0.1
Pear, cooked or canned, in heavy syrup	
1 cup	0.5
1 half with liquid	0.2
Pear, cooked or canned, in light syrup	
1 cup	0.5
1 half with liquid	0.1
1 snack size (4 oz)	0.2
Pear, cooked or canned, drained solids	
1 cup	0.5
1 oz, canned, yields	0
1 half	0.1
Pear, cooked or canned, juice pack	
1 cup	0.8
1 half with liquid	0.3
Persimmon, raw	
1 oz yields	0.1
1 persimmon (2-1/2" dia x 3-1/2" high)	1
Pineapple, raw	
1 cup, diced	0.8
1 oz yields	0.1
1 cubic inch	0.1
1 fruit	2.5
1 thin slice (3-1/2" dia x 1/2" thick)	0.3
1 slice (3-1/2" dia x 3/4" thick)	0.5
Pineapple, cooked or canned	
1 cup, crushed, sliced, or chunks	1
1 snack size (4 oz)	0.5
1 slice or ring (3 " dia) with liquid	0.2
1 chunk with liquid	0
Pineapple, cooked or canned, unsweetened, waterpack	
1 cup, crushed, sliced, or chunks	1.1
1 slice or ring (3 " dia) with liquid	0.2
1 chunk with liquid	0
Pineapple, cooked or canned, in heavy syrup	
1 cup, crushed, sliced, or chunks	0.9
1 slice or ring (3 " dia) with liquid	0.2
1 chunk with liquid	0
Pineapple, cooked or canned, in light syrup	
1 cup, crushed, sliced, or chunks	0.9
1 slice or ring (3 " dia) with liquid	0.2
1 chunk with liquid	0

Pineapple, cooked or canned, drained solids	
1 cup, crushed	1
1 cup, sliced	0.8
1 cup, chunks	0.9
1 cup	0.9
1 oz, canned, yields	0.1
1 spear	0.1
1 slice or ring (3 " dia)	0.2
1 chunk	0
Pineapple, cooked or canned, juice pack	
1 cup, crushed, sliced, or chunks	1
1 snack size (4 oz)	0.5
1 slice or ring (3 " dia) with liquid	0.2
1 chunk with liquid	0
Plum, raw	
1 cup, sliced	1.2
1 oz yields	0.2
1 plum (2-1/8" dia)	0.5
Plum, cooked or canned	
1 cup, pitted	0.9
1 cup, with pits, yields	0.9
1 cup	0.9
1 plum with liquid	0.2
Plum, cooked or canned, unsweetened, water pack	
1 cup, pitted	1
1 cup	1
1 plum with liquid	0.2
Plum, cooked or canned, in heavy syrup	
1 cup, pitted	0.9
1 cup, with pits, yields	0.9
1 cup	0.9
1 plum with liquid	0.2
Plum, cooked or canned, in light syrup	
1 cup, pitted	0.9
1 cup, with pits, yields	0.9
1 cup	0.9
1 plum with liquid	0.2
Plum, cooked or canned, drained solids	
1 cup, with pits, yields	0.8
1 oz, canned, yields	0.1
1 plum	0.1
Plum, cooked or canned, juice pack	
1 cup, pitted	1.3
1 cup, with pits, yields	1.3
1 cup	1.3
1 plum with liquid	0.2
Plum, pickled	
1 plum	0.1

Pomegranate, raw	
1 pomegranate (3-3/8" dia)	1.5
Rhubarb, raw	
1 cup, diced	1.1
1 oz yields	0.2
1 stalk	0.5
Rhubarb, cooked or canned	
1 cup	0.9
Rhubarb, cooked or canned, unsweetened	
1 cup	2.2
Rhubarb, cooked or canned, in heavy syrup	
1 cup	0.9
Rhubarb, cooked or canned, in light syrup	
1 cup	1.1
Rhubarb, cooked or canned, drained solids	
1 cup	0.9
1 oz, canned, yields	0.1
Rhubarb, frozen	
1 cup	0.9
Rhubarb, frozen, with sugar	
1 cup	0.9
Tamarind, raw	
1 tamarind	0.1
Watermelon, raw	
1 cup, diced	0.9
1 cubic inch	0.1
1 oz yields	0.1
1 cup, balls	0.9
1 cup	0.9
1 long melon (15" long x 7-1/2" dia)	27.6
1 round melon (9-1/2" dia)	24.9
1 slice (1" thick, 7-1/2" - 9-1/2" long, 4" high in center)	1.7
1 wedge (approx 1/16 of melon)	1.7
10 watermelon balls	0.7
1 whole round slice (1" thick)	3.5
1 small wedge	0.4
1 medium wedge	1.7
1 large wedge	3.5
Berries, raw	
1 cup	1
1 oz yields	0.2
Berries, frozen	
1 cup	0.9
Blackberries, raw	
1 cup	2
1 oz yields	0.4

Blackberries, cooked or canned	
1 cup	3.4
10 blackberries	0.3
Blackberries, cooked or canned, in heavy syrup	
1 cup	3.4
Blackberries, frozen	
1 cup	1.8
Blackberries, frozen, sweetened	
1 cup	1.8
Blueberries, raw	
1 cup	1.1
1 oz yields	0.2
50 berries	0.5
Blueberries, cooked or canned	
1 cup	1.7
Blueberries, cooked or canned, unsweetened, water pack	
1 cup	1.2
Blueberries, cooked or canned, in heavy syrup	
1 cup	1.7
Blueberries, frozen, sweetened	
1 cup	0.9
Blueberries, frozen	
1 cup	0.7
Blueberries, frozen, unsweetened	
1 cup	0.7
Blueberry pie filling	
1 cup	1.1
Boysenberries, raw	
1 cup	2
1 oz yields	0.4
Boysenberries, frozen	
1 cup	1.5
Cranberries	
1 cup	0.6
Cranberries, raw	
1 cup, chopped	0.4
1 cup, whole	0.4
1 oz yields	0.1
1 cup	0.4
Cranberries, cooked or canned	
1 cup, sauce	0.6
1 cubic inch	0
1 slice (1/2" thick, approx 8 slices per can)	0.1

Dewberries, raw	
1 cup	2
1 oz yields	0.4
Huckleberries, raw	
1 cup	1.1
1 oz yields	0.2
Loganberries, raw	
1 cup	2.2
1 oz yields	0.4
Loganberries, frozen	
1 cup	2.2
Mulberries, raw	
1 cup	2
1 oz yields	0.4
10 berries	0.2
Raspberries, raw	
1 cup	1.5
1 oz yields	0.3
1 pint, as purchased, yields	3.7
10 raspberries	0.2
Raspberries, black, raw	
1 cup	1.6
1 oz yields	0.3
10 raspberries	0.2
Raspberries, red, raw	
1 cup	1.5
1 oz yields	0.3
1 pint, as purchased, yields	3.7
10 raspberries	0.2
Raspberries, cooked or canned	
1 cup	2.1
Raspberries, cooked or canned, unsweetened, water pack	
1 cup	1.9
10 raspberries with liquid	0.2
Raspberries, cooked or canned, in heavy syrup	
1 cup	2.1
Raspberries, frozen	
1 cup	1.8
1 package (10 oz) yields	2
Raspberries, frozen, unsweetened	
1 cup	3
Raspberries, frozen, with sugar	
1 cup	1.8
1 package (10 oz) yields	2

Strawberries, raw	
1 cup, whole	1
1 oz yields	0.2
1 cup	1
1 cup, halves	1
1 cup, sliced	1.1
1 cup, pureed	1.6
1 medium (1-1/4" dia)	0.1
1 large (1-3/8" dia)	0.1
1 extra large (1-5/8" dia)	0.2
1 small (1" dia)	0
1 pint, as purchased, yields	2.4
Strawberries, raw, with sugar	
1 cup	1
1 cup, sliced	1.1
1 cup, whole	1
1 medium (1-1/4" dia)	0.1
1 large (1-3/8" dia)	0.1
1 small (1" dia)	0
Strawberries, cooked or canned	
1 cup	1.4
Strawberries, cooked or canned, unsweetened, water pack	
1 cup	1.1
Strawberries, cooked or canned, in syrup	
1 cup	1.4
Strawberries, frozen	
1 cup	1.3
1 berry	0.1
Strawberries, frozen, unsweetened	
1 berry	0
1 cup, thawed	1
Strawberries, frozen, with sugar	
1 cup	1.3
1 berry	0.1
Youngberries, raw	
1 cup	2
1 oz yields	0.4
Ambrosia	
1 cup	1.9
Cranberry-orange relish, uncooked	
1 cup	1.1
Cranberry-raspberry Sauce	
1 cup	1
1 container (12 oz)	1.2
Fruit salad, fresh or raw, (excluding citrus fruits), no dressing	
1 cup	1.2

Fruit salad, fresh or raw, (including citrus fruits), no dressing	
1 cup	1
Fruit cocktail or mix, frozen	
1 cup	2.1
Fruit cocktail, cooked or canned	
1 cup	1
1 snack size (4 oz)	0.5
Fruit cocktail, cooked or canned, unsweetened, water pack	
1 cup	1
Fruit cocktail, cooked or canned, in heavy syrup	
1 cup	1
1 snack size (4 oz)	0.4
Fruit cocktail, cooked or canned, in light syrup	
1 cup	1
1 snack size (4 oz)	0.5
Fruit cocktail, cooked or canned, drained solids	
1 cup	1
1 oz, canned, yields	0.1
1 can (6 oz), yields	0.5
Fruit cocktail, cooked or canned, juice pack	
1 cup	1.1
Fruit salad, Puerto Rican style (Mixture includes bananas, papayas, oranges, etc.) (Ensalada de frutas tropicales)	
1 cup	1.8
Apple salad with dressing	
1 cup	2
Apple and cabbage salad with dressing	
1 cup	1.1
Apple and fruit salad with dressing	
1 cup	1.3
Apple, candied	
1 medium apple	2.3
1 large apple	3.5
1 small apple	1.7
Fruit, chocolate covered	
1 piece	0.1
1 strawberry	0.1
1 pineapple chunk	0.1
Banana, chocolate-covered with nuts	
1 banana (whole)	6.6
1 banana (half)	3.3
Banana whip	
1 cup	6.4

Prune whip 1 cup	6
Fried dwarf banana, Puerto Rican style 1 banana (4" x 1-1/2" x 1-1/2")	0.4
Fried dwarf banana with cheese, Puerto Rican style 1 banana (4" x 1-1/2" x 1-1/2")	1.4
Fruit salad (excluding citrus fruits) with salad dressing or mayonnaise 1 cup	1.3
Fruit salad (excluding citrus fruits) with cream 1 cup	1.4
Fruit salad (excluding citrus fruits) with cream substitute 1 cup	1.5
Fruit salad (excluding citrus fruits) with marshmallows 1 cup	1.4
Fruit salad (including citrus fruits) with pudding 1 cup	3.1
Fruit salad (excluding citrus fruits) with pudding 1 cup	3
Fruit salad (including citrus fruits) with salad dressing or mayonnaise 1 cup	1.4
Fruit salad (including citrus fruit) with cream 1 cup	1.4
Fruit salad (including citrus fruits) with cream substitute 1 cup	1.5
Fruit salad (including citrus fruits) with marshmallows 1 cup	1.4
Fruit dessert 1 cup	5
Fruit dessert with cream and/or pudding and nuts 1 cup	2.7
1 cubic inch	0.2
Lime souffle 1 cup	10.6
Guacamole with tomatoes 1 cup	3.8
Guacamole with tomatoes and chili peppers 1 cup	3.8
Guacamole 1 cup	4.6
Chutney 1 tablespoon	0.2

Cranberry salad, congealed	
1 cup	5.3
Pear salad with dressing	
1 serving (lettuce, 1/2 pear, dressing)	0.5
Pineapple salad with dressing	
1 serving (lettuce, 1 cup diced pineapple, dressing)	1.1
Pineapple salad with cream cheese	
1 serving	1.3
Soup, sour cherry	
1 cup	2.6
Soup, fruit	
1 cup	1.3
Fruit juice bar, frozen, orange flavor	
1 Dole Fruit 'N Juice Bar (2.5 fl oz)	0.4
1 Frozfruit Bar (4 fl oz)	0.5
1 fl oz	0.1
1 bar	0.4
1 Popsicle Juice Jets bar (1.6 fl oz)	0.2
1 Chunks O' Fruti bar (3 fl oz)	0.4
1 Minute Maid Fruit Juicee bar (2-1/4 fl oz)	0.4
Fruit juice bar, frozen, flavor other than orange	
1 Frozfruit Bar (4 fl oz)	1.3
1 Dole Fruit 'N Juice Bar (2.5 fl oz)	0.9
1 fl oz	0.4
1 bar	0.9
1 Popsicle Juice Jets bar (1.6 fl oz)	0.6
1 Chunks O' Fruti bar (3 fl oz)	1
1 Minute Maid Fruit Juicee bar (2-1/4 fl oz)	0.9
1 Welch's Fruit Juice bar (3 fl oz)	1.1
Fruit juice bar, frozen, sweetened with low calorie sweetener, flavors other than orange	
1 fl oz	0
1 bar	0.1
1 Dole Fruit Juice Bar (1.75 fl oz)	0.1
Sorbet, fruit, noncitrus flavor	
1 cup	2.4
Sorbet, fruit, citrus flavor	
1 cup	1
Fruit juice bar with cream, frozen	
1 Dole Fruit and Cream Bar (2.5 fl oz)	0.9
1 FrozFruit Cream Bar (4 fl oz)	1.5

## Fruit Juices, Nectars

Fruit juice	
1 cup	1
1 fl oz	0.1
Fruit juice blend, 100% juice	
1 cup	0.9
1 fl oz	0.1
1 fun size box (4.23 fl oz)	0.5
1 juice box (6.75 fl oz)	0.7
Fruit juice blend, with cranberry, 100% juice	
1 cup	0.8
1 fl oz	0.1
Apple cider	
1 cup	0.1
1 fl oz	0
Apple juice	
1 cup	0.1
1 fl oz	0
1 bottle (10 fl oz)	0.2
1 juice box (6.75 fl oz)	0.1
1 fun size box (4.23 fl oz)	0.1
Blackberry juice	
1 cup	0.8
1 fl oz	0.1
Cranberry juice, 100%, not a blend	
1 cup	1
1 fl oz	0.1
Grape juice	
1 cup	1.4
1 fl oz	0.2
1 juice box (6.75 fl oz)	1.2
1 fun size box (4.23 fl oz)	0.7
Papaya juice	
1 cup	0.4
1 fl oz	0.1
Passion fruit juice	
1 cup	1.3
1 fl oz	0.2
Pineapple juice	
1 cup	0.9
1 fl oz	0.1
Pomegranate juice	
1 cup	1.4
1 fl oz	0.2

Prune juice		
1 cup		1.6
1 fl oz		0.2
Strawberry juice		
1 cup		0.7
Watermelon juice		
1 cup		1.5
1 fl oz		0.2
Fruit smoothie drink, made with fruit or fruit juice only (no dairy products)		
1 fl oz		0.1
1 cup		0.9
1 commercial smoothie (20 fl oz)		2.2
Fruit nectar		
1 cup		0.9
1 fl oz		0.1
Apricot nectar		
1 cup		0.9
1 fl oz		0.1
Banana nectar		
1 cup		0.9
1 fl oz		0.1
Cantaloupe nectar		
1 cup		0.8
1 fl oz		0.1
Guava nectar		
1 cup		0.9
1 fl oz		0.1
Mango nectar		
1 cup		0.3
1 fl oz		0
Peach nectar		
1 cup		0.7
1 fl oz		0.1
Papaya nectar		
1 cup		0.4
1 fl oz		0.1
Passion fruit nectar		
1 cup		0.4
1 fl oz		0
Pear nectar		
1 cup		0.3
1 fl oz		0
Soursop (Guanabana) nectar		
1 cup		0.3
1 fl oz		0

Vinegar  
1 cup

0

## Baby Foods

Fruit, baby food	
1 tablespoon	0
1 jar (6 oz)	0.5
1 jar	0.5
1 jar (4 oz)	0.3
Tropical fruit medley, baby food, strained	
1 tablespoon	0
1 Gerber jar (4 oz)	0.2
1 jar	0.2
Apples, baby food, toddler	
1 tablespoon	0
1 jar	0.3
1 Gerber Graduates container	0.3
Apple-raspberry, baby food	
1 tablespoon	0
1 jar	0.3
Apple-raspberry, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Earth's Best jar	0.2
1 Beech-Nut Stage 2 jar (4 oz)	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
1 Heinz Strained-2 jar (4 oz)	0.2
Apple-raspberry, baby food, junior	
1 tablespoon	0
1 jar	0.3
1 Gerber Third Foods jar (6 oz)	0.3
1 Heinz Junior-3 jar (6 oz)	0.3
Applesauce, baby food	
1 tablespoon	0
1 jar	0.2
Applesauce, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Earth's Best jar	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
1 Beech-Nut Stage 1 Starter Size jar	0.1
1 Beech-Nut Stage 1 Jar (4 oz)	0.2
1 Gerber First Foods Jar (2.5 oz)	0.1
1 Heinz Beginner-1 jar (2.5 oz)	0.1
1 Heinz Strained-2 jar (4 oz)	0.2
Applesauce, baby food, junior	
1 tablespoon	0
1 jar	0
1 Beech-Nut Stage 3 jar (6 oz)	0
1 Gerber Third Foods jar (6 oz)	0
1 Heinz Junior-3 jar (6 oz)	0

Applesauce and apricots, baby food	
1 tablespoon	0
1 jar	0.3
Applesauce and apricots, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Beech-Nut Stage 2 jar (4 oz)	0.2
1 Earth's Best jar	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
1 Heinz Strained-2 jar (4 oz)	0.2
Applesauce and apricots, baby food, junior	
1 tablespoon	0
1 jar	0.3
1 Heinz Junior-3 jar (6 oz)	0.3
Applesauce with bananas, baby food	
1 tablespoon	0.1
1 jar	0.6
Applesauce with bananas, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Beech-Nut Stage 2 jar (4 oz)	0.2
1 Earth's Best jar	0.2
Applesauce with bananas, baby food, junior	
1 tablespoon	0.1
1 jar	0.6
1 Beech-Nut Stage 3 jar (6 oz)	0.6
Applesauce with cherries, baby food, strained	
1 tablespoon	0
1 jar	0
1 Beech-Nut Stage 2 jar (4 oz)	0
Applesauce with cherries, baby food, junior	
1 tablespoon	0
1 jar	0
1 Beech-Nut Stage 3 jar (6 oz)	0
Applesauce with cherries, baby food	
1 tablespoon	0
1 jar	0
Bananas, baby food, strained	
1 tablespoon	0.2
1 jar	1.1
1 Beech-Nut Stage 1 Starter Size jar	0.7
1 Beech-Nut Stage 1 Jar (4 oz)	1.1
1 Gerber First Foods Jar (2.5 oz)	0.7
1 Earth's Best jar	1.1
1 Gerber Second Foods Jar (4 oz)	1.1
1 Beech-Nut Stage 2 jar (4 oz)	1.1
1 Heinz Beginner-1 jar (2.5 oz)	0.7
1 Heinz Strained-2 jar (4 oz)	1.1

Bananas with apples and pears, baby food, strained	
1 tablespoon	0.1
1 jar	1
1 Gerber Second Foods Jar (4 oz)	1
Peaches, baby food	
1 tablespoon	0.2
1 jar	1.6
Peaches, baby food, strained	
1 tablespoon	0.2
1 jar	1.1
1 Gerber Second Foods Jar (4 oz)	1.1
1 Beech-Nut Stage 1 Starter Size jar	0.7
1 Beech-Nut Stage 1 Jar (4 oz)	1.1
1 Gerber First Foods Jar (2.5 oz)	0.7
1 Heinz Beginner-1 jar (2.5 oz)	0.7
1 Heinz Strained-2 jar (4 oz)	1.1
Peaches, baby food, junior	
1 tablespoon	0.2
1 jar	1.6
1 Beech-Nut Stage 3 jar (6 oz)	1.6
1 Gerber Third Foods jar (6 oz)	1.6
1 Heinz Junior-3 jar (6 oz)	1.6
Peaches, baby food, toddler	
1 tablespoon	0.1
1 jar	0.6
1 Gerber Graduates container	0.6
Pears, baby food	
1 tablespoon	0
1 jar	0.5
Pears, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Earth's Best jar	0.3
1 Gerber First Foods Jar (2.5 oz)	0.2
1 Beech-Nut Stage 1 Starter Size jar	0.2
1 Gerber Second Foods Jar (4 oz)	0.3
1 Beech-Nut Stage 1 Jar (4 oz)	0.3
1 Beech-Nut Stage 2 jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3
1 Heinz Beginner-1 jar (2.5 oz)	0.2
Pears, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Beech-Nut Stage 3 jar (6 oz)	0.5
1 Gerber Third Foods jar (6 oz)	0.5
1 Heinz Junior-3 jar (6 oz)	0.5
Pears, baby food, toddler	
1 tablespoon	0
1 jar	0.4
1 Gerber Graduates container	0.4

Prunes, baby food, strained	
1 tablespoon	0.2
1 jar	0.7
1 Gerber First Foods Jar (2.5 oz)	0.7
Apples and pears, baby food	
1 tablespoon	0
1 jar	0.3
Apples and pears, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Beech-Nut Stage 2 jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3
Apples and pears, baby food, junior	
1 tablespoon	0
1 jar	0.3
1 Heinz Junior-3 jar (6 oz)	0.3
Pears and pineapple, baby food	
1 tablespoon	0
1 jar	0.5
Pears and pineapple, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Beech-Nut Stage 2 jar (4 oz)	0.3
1 Gerber Second Foods Jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3
Pears and pineapple, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Gerber Third Foods jar (6 oz)	0.5
Apple juice, baby food	
1 fl oz	0
1 Beech-Nut Stage 1 bottle (4 fl oz)	0
1 Earth's Best bottle (4.2 fl oz)	0
1 Gerber bottle (4 fl oz)	0
1 Heinz Strained bottle (4 fl oz)	0
1 bottle	0
Apple juice, with added calcium, baby food	
1 fl oz	0
1 Gerber Graduates container	0.1
Apple with other fruit juice, baby food	
1 fl oz	0
1 bottle (4 fl oz)	0.2
Apple-banana juice, baby food	
1 fl oz	0.1
1 Earth's Best bottle (4.2 fl oz)	0.3
1 Gerber bottle (4 fl oz)	0.2
1 Heinz Strained bottle (4 fl oz)	0.2
1 bottle	0.2
1 Beech-Nut Stage 2 bottle (4 fl oz)	0.2

Apple-cherry juice, baby food	
1 fl oz	0.1
1 Gerber bottle (4 fl oz)	0.2
1 Heinz Strained bottle (4 fl oz)	0.2
1 bottle	0.2
1 Beech-Nut Stage 2 bottle (4 fl oz)	0.2
Apple-cranberry juice, baby food	
1 fl oz	0
1 Gerber bottle (4 fl oz)	0
1 Heinz Strained bottle (4 fl oz)	0
1 bottle	0
1 Beech-Nut Stage 2 bottle (4 fl oz)	0
Apple-grape juice, baby food	
1 fl oz	0
1 Earth's Best bottle (4.2 fl oz)	0.1
1 Gerber bottle (4 fl oz)	0.1
1 Heinz Strained bottle (4 fl oz)	0.1
1 bottle	0.1
1 Beech-Nut Stage 2 bottle (4 fl oz)	0.1
Apple-peach juice, baby food	
1 fl oz	0.1
1 Gerber bottle (4 fl oz)	0.2
1 Heinz Strained bottle (4 fl oz)	0.2
1 bottle	0.2
Apple-prune juice, baby food	
1 fl oz	0.1
1 Gerber bottle (4 fl oz)	0.2
1 Heinz Strained bottle (4 fl oz)	0.2
1 bottle (4 fl oz)	0.2
Grape juice, baby food	
1 fl oz	0.1
1 Beech-Nut Stage 1 bottle (4 fl oz)	0.2
1 Gerber bottle (4 fl oz)	0.2
1 Heinz Strained bottle (4 fl oz)	0.2
1 bottle	0.2
Mixed fruit juice, not citrus, baby food	
1 fl oz	0
1 bottle (4 fl oz)	0.1
1 Beech-Nut Stage 2 bottle (4 fl oz)	0.1
Mixed fruit juice, not citrus, with added calcium, baby food	
1 fl oz	0.1
1 Gerber Graduates container	0.4
Orange juice, baby food	
1 fl oz	0.2
1 Gerber bottle (4 fl oz)	0.8
1 Heinz Strained bottle (4 fl oz)	0.8
1 bottle	0.8
1 Beech-Nut Stage 3 bottle (4 fl oz)	0.8

Orange-apple-banana juice, baby food	
1 fl oz	0.1
1 Heinz Strained bottle (4 fl oz)	0.5
1 bottle	0.5
1 Gerber bottle (4 fl oz)	0.5
Pear juice, baby food	
1 fl oz	0
1 Earth's Best bottle (4.2 fl oz)	0
1 Heinz Strained bottle (4 fl oz)	0
1 Gerber bottle (4 fl oz)	0
1 Beech-Nut Stage 1 bottle (4 fl oz)	0
1 bottle	0
Apple-sweetpotato juice, baby food	
1 fl oz	0.1
1 Gerber bottle (4 fl oz)	0.4
1 bottle	0.4
Orange-carrot juice, baby food	
1 fl oz	0.2
1 Gerber bottle (4 fl oz)	0.6
1 bottle	0.6
Banana juice with lowfat yogurt, baby food	
1 fl oz	0.8
1 Gerber bottle (4 fl oz)	3.2
1 bottle	3.2
Mixed fruit juice with lowfat yogurt, baby food	
1 fl oz	0.8
1 Gerber bottle (4 fl oz)	3
1 bottle	3
Plums, baby food	
1 tablespoon	0
1 jar	0.2
Plums, baby food, strained	
1 tablespoon	0
1 jar	0.1
1 Gerber Second Foods Jar (4 oz)	0.1
1 Heinz Strained-2 jar (4 oz)	0.1
Plums, baby food, junior	
1 tablespoon	0
1 jar	0.2
1 Gerber Third Foods jar (6 oz)	0.2
1 Heinz Junior-3 jar (6 oz)	0.2
Plums, bananas, and rice, baby food strained	
1 tablespoon	0.2
1 jar	1.2
1 Earth's Best jar	1.2
Prunes with oatmeal, baby food, strained	
1 tablespoon	0.1
1 jar	0.7
1 Earth's Best jar	0.7

Ciruelas, baby food	
1 tablespoon	0.1
1 jar (4 oz)	0.7
Apricots, baby food	
1 tablespoon	0
1 jar	0.5
Apricots, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Gerber Second Foods Jar (4 oz)	0.3
1 Heinz Strained-2 jar (4.25 oz)	0.4
Apricots, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Gerber Third Foods jar (6 oz)	0.5
1 Heinz Junior-3 jar (6 oz)	0.5
Bananas, baby food	
1 tablespoon	0.1
1 jar	0.7
Bananas, baby food, junior	
1 tablespoon	0.1
1 jar	0.7
1 Gerber Third Foods jar (6 oz)	0.7
1 Heinz Junior-3 jar (6 oz)	0.7
1 Beech-Nut Stage 3 jar (6 oz)	0.7
Bananas and pineapple, baby food	
1 tablespoon	0
1 jar	0.3
Bananas and pineapple, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
1 Heinz Strained-2 jar (4.25 oz)	0.2
Bananas and pineapple, baby food, junior	
1 tablespoon	0
1 jar	0.3
1 Gerber Third Foods jar (6 oz)	0.3
1 Heinz Junior-3 jar (6 oz)	0.3
Fruit dessert, baby food	
1 tablespoon	0
1 jar	0.5
Fruit dessert, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Gerber Second Foods Jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3

Fruit dessert, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Gerber Third Foods jar (6 oz)	0.5
1 Heinz Junior-3 jar (6 oz)	0.5
Fruit Supreme dessert, baby food	
1 tablespoon	0.1
1 jar (4.5 oz)	0.6
Apple yogurt dessert, baby food, strained	
1 tablespoon	0.1
1 jar	0.9
1 Beech-Nut Stage 2 jar (4 oz)	0.9
Banana apple dessert, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Gerber Second Foods Jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3
Blueberry yogurt dessert, baby food, strained	
1 tablespoon	0.1
1 jar	0.6
1 Heinz Strained-2 jar (4 oz)	0.6
Mixed fruit yogurt dessert, baby food, strained	
1 tablespoon	0.1
1 jar	0.9
1 Beech-Nut Stage 2 jar (4 oz)	0.9
1 Gerber Second Foods Jar (4 oz)	0.9
1 Heinz Strained-2 jar (4 oz)	0.9
Cherry cobbler, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Gerber Third Foods jar (6 oz)	0.5
1 Heinz Junior-3 jar (6 oz)	0.5
Peach cobbler, baby food	
1 tablespoon	0
1 jar	0.5
Peach cobbler, baby food, strained	
1 tablespoon	0
1 jar	0.3
1 Gerber Second Foods Jar (4 oz)	0.3
1 Heinz Strained-2 jar (4 oz)	0.3
Peach cobbler, baby food, junior	
1 tablespoon	0
1 jar	0.5
1 Gerber Third Foods jar (6 oz)	0.5
1 Heinz Junior-3 jar (6 oz)	0.5

Banana pudding, baby food, strained	
1 tablespoon	0.2
1 jar	1.1
1 Beech-Nut Stage 2 jar (4 oz)	1.1
1 Heinz Strained-2 jar (4 oz)	1.1
Banana yogurt dessert, baby food, strained	
1 tablespoon	0.2
1 jar	1.2
1 Beech-Nut Stage 2 jar (4 oz)	1.2
1 Gerber Second Foods Jar (4 oz)	1.2
1 Heinz Strained-2 jar (4 oz)	1.2
Cherry vanilla pudding, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
Dutch apple dessert, baby food	
1 tablespoon	0
1 jar	0.3
Dutch apple dessert, baby food, strained	
1 tablespoon	0
1 jar	0.2
1 Beech-Nut Stage 2 jar (4 oz)	0.2
1 Gerber Second Foods Jar (4 oz)	0.2
1 Heinz Strained-2 jar (4 oz)	0.2
Dutch apple dessert, baby food, junior	
1 tablespoon	0
1 jar	0.3
1 Gerber Third Foods jar (6 oz)	0.3
1 Heinz Junior-3 jar (6 oz)	0.3
Peach yogurt dessert, baby food, strained	
1 tablespoon	0.1
1 jar	1
1 Beech-Nut Stage 2 jar (4 oz)	1
1 Gerber Second Foods Jar (4 oz)	1
1 Heinz Strained-2 jar (4 oz)	1
Pineapple dessert, baby food, strained	
1 tablespoon	0.2
1 jar	1.5
1 Gerber Second Foods Jar (4 oz)	1.5
1 Heinz Strained-2 jar (4 oz)	1.5
Mango dessert, baby food	
1 tablespoon	0
1 Gerber jar (4 oz)	0.3
1 jar	0.3
Tutti-fruitti pudding, baby food	
1 tablespoon	0.1
1 jar	0.7

Tutti-fruitti pudding, baby food, strained	
1 tablespoon	0.1
1 jar	0.5
1 Heinz Strained-2 jar (4 oz)	0.5
Tutti-fruitti pudding, baby food, junior	
1 tablespoon	0.1
1 jar	0.7
1 Heinz Junior-3 jar (6 oz)	0.7
Apples and chicken, baby food, strained	
1 tablespoon	0.3
1 jar	2.4
1 Gerber Second Foods Jar (4 oz)	2.4
1 Beech-Nut Stage 2 jar (4 oz)	2.4
1 Heinz Strained-2 jar (4 oz)	2.4
Apples with ham, baby food, strained	
1 tablespoon	0.4
1 jar	2.9
1 Gerber Second Foods Jar (4 oz)	2.9
1 Heinz Strained-2 jar (4 oz)	2.9
Apples and sweetpotatoes, baby food, strained	
1 cup	0.8
1 tablespoon	0
1 jar	0.3
1 Gerber Tender Harvest jar	0.3