

Fruit

Diet ingredient	Apple, raw, w/ skin	Banana, raw, no skin	Orange, raw, with peel	Grapes, red or green seedless	Papaya, raw
Moisture (%)*, **	85.6	74.9	82.3	80.5	88.8
Gross Energy (kcal/kg)	3601	3547	3559	3546	3491
Crude Protein (%)	1.8	4.3	7.3	3.7	5.5
Crude fat (%)	1.2	1.3	1.7	0.8	1.3
Ash (%)	1.3	3.3	3.4	2.5	5.5
Total Carbohydrate (%)	95.6	91.0	87.6	93.0	87.8
Crude Fiber (%)	16.6	10.4	25.4	4.6	16.1
Sugars (%)	72.0	48.7	0.0	79.5	52.8
Starch (%)	0.3	21.4	***		
Ca (mg/kg)	416	199	3955	514	2149
P (mg/kg)	762	877	1243	1028	448
Fe (mg/kg)	8.3	10.4	45.2	18.5	9.0
Cu (mg/kg)	1.9	3.1	3.2	6.5	1.4
Mn (mg/kg)	2.4	10.8	0.0	3.6	1.0
Zn (mg/kg)	2.8	6.0	6.2	3.6	6.3
Se (mg/kg)	0.0	0.0	0.0	0.0	0.0
Mg (mg/kg)	346	1076	791	360	895
Na (mg/kg)	69	40	113	103	269
K (mg/kg)	7410	14269	11073	9815	23008
Vit C (mg/kg)	318.6	346.8	4011.3	555.0	5532.7
Thiamin (mg/kg)	1.2	1.2	5.6	3.5	2.4
Riboflavin (mg/kg)	1.8	2.9	2.8	3.6	2.9
Niacin (mg/kg)	6.3	26.5	28.2	9.7	30.3
Pantothenic acid (mg/kg)	4.2	13.3	18.6	2.6	19.5
Pyridoxine (mg/kg)	2.8	14.6	5.3	4.4	1.7
Folate (mg/kg)	0.2	0.8	1.7	0.1	0.3
Oxalate (mg/kg)					
Choline (mg/kg)	235	391	0	288	546
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0	0.0
β carotene (mg/kg)	1.9	1.0	0.0	2.0	2.5
Vit E (mg/kg)	12.5	4.0	0.0	9.8	65.4
Vit K (mg/kg)	0.2	0.0	0.0	0.8	0.0

Conversions for measuring (c=cup; L= large; S= small)
 1 c chopped = 125 g; 1 L = 223 g, S = 149 g
 1 c sliced = 150 g; 1 L = 136 g
 1 c = 170 g
 1 c = 151 g; 10 grapes = 49 g
 1 c, cubes = 140 g; 1L = 380 g, S = 152 g

*All nutrients, except moisture, are presented on a Dry Matter basis for accurate comparison

**Data gathered from USDA Nutrient Data Laboratory (<http://www.nal.usda.gov/fnic/foodcomp/search/>)

***Blank entries reflect lack of data

Updated 12/08

Fruit

Diet ingredient	Grapefruit, raw, no peel or seeds	Raisins, seedless	Tomato, red, raw (no core)	Lemon, raw, w/ peel	Pineapple
Moisture (%)*, **	90.9	15.4	94.5	87.4	86.0
Gross Energy (kcal/kg)	3513	3536	3273	1587	3571
Crude Protein (%)	6.9	3.6	16.0	9.5	3.9
Crude fat (%)	1.1	0.5	3.6	2.4	0.9
Ash (%)	3.4	2.1	9.1	3.2	1.6
Total Carbohydrate (%)	88.7	93.6	71.3	84.9	93.7
Crude Fiber (%)	12.1	4.4	21.8	37.3	10.0
Sugars (%)	76.6	70.0	47.8		70.4
Starch (%)		3.2			
Ca (mg/kg)	1317	591	1818	4841	929
P (mg/kg)	878	1194	4364	1190	571
Fe (mg/kg)	9.9	22.2	49.1	55.6	20.7
Cu (mg/kg)	5.2	3.8	10.7	20.6	7.9
Mn (mg/kg)	1.3	3.5	20.7		66.2
Zn (mg/kg)	7.7	2.6	30.9	7.9	8.6
Se (mg/kg)	0.0	0.0	0.0		7.1
Mg (mg/kg)	878	378	2000	952	857
Na (mg/kg)	0	130	909	238	71
K (mg/kg)	15258	8857	43091	11508	7786
Vit C (mg/kg)	3776.1	27.2	2309.1	6111.1	3414.3
Thiamin (mg/kg)	4.0	1.3	6.7	4.0	5.6
Riboflavin (mg/kg)	2.2	1.5	3.5	3.2	2.3
Niacin (mg/kg)	27.4	9.1	108.0	15.9	35.7
Pantothenic acid (mg/kg)	31.1	1.1	16.2	18.4	15.2
Pyridoxine (mg/kg)	4.6	2.1	14.5	8.7	8.0
Folate (mg/kg)	1.1	0.1	2727.3		0.0
Oxalate (mg/kg)					
Choline (mg/kg)	845	131	1218		393
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0	0.0
β carotene (mg/kg)	60.6	0.0	81.6		2.5
Vit E (mg/kg)	14.3	1.4	98.2		1.4
Vit K (mg/kg)	0.0	0.0	1.4		0.1
Conversions for measuring (c=cup; L= large; S= small)	1 L = 332 g, S = 200 g	1 c = 165 g; 50 raisins = 26 g	1 c chopped = 180 g; 1 L = 182 g, S = 91 g	1 fruit without seeds = 108g	1 c, chunks = 165 g; 1 fruit = 905 g

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Updated 12/08

Fruit

Diet ingredient	Kiwi, no skin	Blue-berries, raw	Straw- berries, raw	Water- melon	Cantaloupe
Moisture (%)*, **	83.1	84.2	91.0	91.5	90.2
Gross Energy (kcal/kg)	3603	3610	3536	3509	3452
Crude Protein (%)	6.7	4.7	7.4	7.1	8.5
Crude fat (%)	3.1	2.1	3.3	1.8	1.9
Ash (%)	3.6	1.5	4.4	2.9	6.6
Total Carbohydrate (%)	86.6	91.8	84.9	88.3	82.8
Crude Fiber (%)	17.7	15.2	22.1	4.7	9.1
Sugars (%)	53.1	63.1	54.0	72.5	79.8
Starch (%)		0.2	0.4		
Ca (mg/kg)	2008	380	1768	819	914
P (mg/kg)	2008	760	2652	1287	1523
Fe (mg/kg)	18.3	17.7	45.3	28.1	21.3
Cu (mg/kg)	7.7	3.6	5.3	4.9	4.2
Mn (mg/kg)	5.8	21.3	42.7	4.4	4.2
Zn (mg/kg)	8.3	10.1	15.5	11.7	18.3
Se (mg/kg)	0.0	0.0	0.0	0.0	40.6
Mg (mg/kg)	1004	380	1436	1170	1218
Na (mg/kg)	177	63	110	117	1624
K (mg/kg)	18429	4877	16906	13099	27107
Vit C (mg/kg)	5475.5	614.3	6497.2	947.4	3725.9
Thiamin (mg/kg)	1.6	2.3	2.7	3.9	4.2
Riboflavin (mg/kg)	1.5	2.6	2.4	2.5	1.9
Niacin (mg/kg)	20.1	26.5	42.7	20.8	74.5
Pantothenic acid (mg/kg)	10.8	7.9	13.8	25.8	10.7
Pyridoxine (mg/kg)	3.7	3.3	5.2	5.3	7.3
Folate (mg/kg)	0.1	0.0	0.3	0.0	0.2
Oxalate (mg/kg)					
Choline (mg/kg)	461	380	630	480	772
Vit B12 (ug/kg)	0.0	0.0	0.0	0.0	0.0
Retinol (ug/kg)	0.0	0.0	0.0	0.0	0.0
β carotene (mg/kg)	0.3	0.2	0.1	3.5	20.5
Vit E (mg/kg)	86.2	36.1	32.0	5.8	5.1
Vit K (mg/kg)	0.2	0.1	0.0	0.0	2.5

Conversions for measuring (c=cup; L= large; S= small)
 1 c = 177 g; 1 L = 91g
 1 c = 148 g; 50 berries = 68 g
 1 c, whole = 144 g; 1 L = 18 g, S = 7 g
 1 c, diced = 152 g; 1 wedge = 286 g
 1 c, diced = 156 g

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