

Nutrition Labeling for Fresh Fruits and Vegetables



Fresh fruits and vegetables are usually low in calories and fat and have no cholesterol, making them healthy additions to our diets. Most fruits and vegetables are excellent sources of fiber as well as starch, vitamins and minerals. Including them in the diet can help Americans meet the USDA Dietary Guidelines.

Until recently, produce has been exempt from the nutrition labeling required for processed foods, but federal legislation now requires nutrition information for produce. The produce industry had until 1994 to develop a voluntary nutrition labeling program or accept federally mandated labeling requirements for the top 20 vegetables and 20 fruits. The law does not require labels on individual items. A general nutrition label may be posted where the produce is displayed, giving information on calories, total fat, cholesterol and fiber content of an average serving.

Although small grocery stores, roadside markets, produce and farmers markets are exempt from this regulation, providing nutrition information for produce can help consumers see the benefits of increasing fresh fruits and vegetables in their diets.

This publication contains nutrition information on the most popular fruits and vegetables grown in Kansas. It can be posted near a produce display for customers to see. It can also be used as a reference by nutrition educators and anyone interested in the nutrient content of foods. Additional copies can be ordered from local Cooperative Extension Service offices. Information about other fruits and vegetables is available from the author at the Department of Horticulture, Kansas State University.

References

Produce Marketing Association Nutritional Marketing Resource. 1990. Produce Marketing Association, Newark, DE.
USDA Agricultural Statistics 1989.
USDA-Human Nutrition Information Services, Agricultural Handbook No. 8-9. Composition of Fruit and Fruit Juices. 1982.
USDA-Human Nutrition Information Services, Agricultural Handbook No. 8-11. Composition of Vegetables and Vegetable Products. 1984.
SDA-Human Nutrition Information Services, Nutrition Monitoring Div., Admin. Rep. No. 371. Good Sources of Nutrients. 1989.

Good Sources of

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| Vitamin A: | apricots, cantaloupes, honeydews, nectarines, plums, watermelon, broccoli, carrots, greens, winter squash, sweetpotatoes and tomatoes |
| Vitamin E: | apples, apricots, nectarines, peaches and greens |
| Vitamin C: | apples, blackberries, cantaloupes, honeydews, nectarines, peaches, pears, plums, raspberries, strawberries, watermelon, asparagus, snap beans, broccoli, cabbage, cauliflower, greens, leafy lettuces, onions, bell peppers, summer squash, winter squash, sweetpotatoes and tomatoes |
| Thiamine: | cantaloupes, honeydews, watermelon and corn |
| Riboflavin: | broccoli and sweetpotatoes |
| Niacin: | potatoes |
| Vitamin B-6: | watermelon, potatoes and sweetpotatoes |
| Folate: | asparagus, broccoli, cauliflower, corn, leafy lettuces and greens |
| Calcium: | broccoli and greens |
| Magnesium: | broccoli |
| Iron: | apricots |
| Copper: | potatoes, sweetpotatoes and greens |
| Potassium: | apricots, cantaloupes, honeydews, nectarines, peaches, pears, watermelon, asparagus, beans, cauliflower, corn, potatoes, winter squash, sweetpotatoes and tomatoes |
| Dietary Fiber: | apples, apricots, blackberries, nectarines, peaches, pears, raspberries, strawberries, snap beans, broccoli, cabbage, carrots, potatoes, winter squash, sweetpotatoes and tomatoes |

	<i>Serving Size (oz)</i>	<i>Calories (Kcal)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Carbohydrates (g)</i>	<i>Fiber (g)</i>	<i>Iron (mg)</i>	<i>Potassium (mg)</i>	<i>Sodium (mg)</i>	<i>Vitamin C (mg)</i>	<i>Vitamin A (IU)</i>	<i>Cholesterol (mg)</i>
Apples	4.93 oz (1 fruit)	81	0	0	21	2.8	*	159	1	7.8	*	0
Apricots	3.78 oz (3 fruits)	51	1	0	12	2.6	0.5	313	1	11	2,750	0
Asparagus	5.3 oz (10 spears)	20	3	0	3	3	*	400	5	12	400	0
Bell Peppers	5.3 oz (1 average)	25	1	1	5	2.5	*	270	0	78	100	0
Blackberries	5.14 oz (1 cup)	74	1	0	18	5	1	282	0	30	250	0
Broccoli	5.3 oz (1 stalk)	30	5	1	4	5	0.7	550	75	144	500	0
Cabbage	6 oz (1/6 head)	30	2	1	7	3.6	*	370	55	84	*	*
Cantaloupe	6 oz (1/4 large)	50	1	0	14	1.2	0.4	120	40	66	5,000	0
Carrots	2.8 oz (1 average)	40	1	1	8	2.5	*	290	40	4.8	16,500	0
Cauliflower	5.3 oz (1/4 to 1/5 head)	25	3	1	4	4	0.4	440	65	96	*	0
Cherries, Sour	5.53 oz (1 cup pitted)	77	2	0	19	2.3	0.5	268	5	16	2,000	0
Cherries, Sweet	5.18 oz (1 cup)	104	2	1	24	2	0.5	325	1	10	300	0
Cucumbers	5.3 oz (1/2 average)	25	1	1	6	0.7	*	270	5	4.8	100	0
Grapes, American	3.28 oz (1 cup)	58	0	0	16	0.7	0.4	176	2	3.6	100	0
Greens (Collards, Kale, Mustard, Turnip Greens)	2 oz (1 cup chopped)	18	1.1	0	4	2.2	0.7	187	20	42	3,750	0
Honeydew	6 oz (1/8 melon)	60	1	0	15	1	0.4	410	60	30	*	0
Leaf Lettuce	1 oz (1/2 cup shredded)	5	0	0	1	0.4	0.4	74	3	6	650	0
Nectarines	4.86 oz (1 fruit)	67	1	0	16	1.8	*	288	0	7.2	1,000	0
Onion	5.3 oz (1 medium)	60	1	0	14	3.2	*	200	10	12	*	0
Peaches	3.11 oz (1 fruit)	37	0	0	10	1.4	*	171	0	6	450	0
Pears	5.93 oz (1 fruit)	98	0	0	25	5.8	0.4	208	1	6.6	*	*
Plums	2.36 oz (1 fruit)	36	0	0	9	1.25	*	113	0	6.6	200	0
Potatoes	5.3 oz (1 medium)	110	3	0	23	3	1.4	750	10	30	*	0
Raspberries	4.39 oz (1 cup)	61	1	0	14	4	0.7	187	0	31	150	0
Snap Beans	3.93 oz (1 cup)	34	2	0	8	3.6	1.1	230	6	18	750	0
Strawberries	5.32 oz (1 cup)	45	0	0	10	2.2	0.5	247	2	85	*	0
Summer Squash	2.32 oz (1/2 cup sliced)	13	0	0	3	0.8	0.4	126	1	9.6	150	0
Sweet Corn	3.21 oz (1 average ear)	77	3	1	17	2.6	0.5	243	14	6	250	0
Sweetpotato	4.59 oz (1 sweetpotato)	136	2	0	32	1.8	0.7	265	17	30	26,800	0
Tomato	5.3 oz (1 medium)	35	1	1	6	1.2	0.4	360	10	24	1,000	0
Watermelon	8 oz (1 1/2 cups cubed)	70	1.4	1	16	0.7	0.4	260	5	22	809	0
Winter Squash	2.07 oz (1/2 cup cubed)	21	1	0	5	0.65	*	203	2	7.2	2,350	0

*Contains less than 2% of the USRDA for this nutrient.

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