

Calories in Fruits and Vegetables

Fruit and Vegetables	Serving	Calories
Acorn Squash	1/2 Squash	116
Apple	1 Medium	65
Apple	1 Large	100
Apricot	1 Medium	20
Artichoke	1 Medium	20
Asparagus	6 Spears	20
Avocado	1 Medium	255
Banana	1 Medium	50
Banana	1 Large	100
Bell Pepper	1 Medium	30
Blackberries	1 Cup	50
Blueberries	1 Cup	50
Broccoli	1 Cup	20
Brussels Sprouts	4 Sprouts	25
Butternut Squash	1/2 Squash	272
Cabbage	1 Cup	20
Cantaloupe	1 Slice	55
Carrot	1 Medium	55
Celery	1 Stick	5
Cherries	1 Cup	270
Corn	1 Cob	60
Cucumber	1 Medium	10

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Fruit and Vegetables	Serving	Calories
Eggplant	1 Cup	20
Grapefruit	1 Medium	20
Grapes	1 Large Bunch	310
Green Beans	1 Cup	30
Kale	1 Cup	50
Kiwi	1 Medium	40
Lettuce	1 Cup	5
Mango	1 Medium	100
Nectarine	1 Medium	30
Onions	1 Cup	30
Orange	1 Medium	80
Papaya	1 Medium	80
Peach	1 Medium	40
Pear	1 Medium	75
Peas	1 Cup	60
Pineapple	1 Cup	55
Plum	1 Medium	35
Potato	1 Medium	125
Radishes	1 Cup Sliced	19
Raspberries	1 Cup	35
Spaghetti Squash	Whole Squash	165