



# Canned Fruit Nutrition Facts



<b>Nutrition Facts</b>	
Pears Diced	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	57
<b>Total Fat</b>	0.03
Saturated Fat	0.002
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	5mg
<b>Total Carb.</b>	15.17g
<b>Fiber</b>	1.6g
<b>Sugar</b>	12.1g
<b>Protein</b>	.2g

<b>Nutrition Facts</b>	
Pears Sliced	
Serving Size	
Amount Per Serving	
<b>Calories</b>	50
<b>Total Fat</b>	0.07
Saturated Fat	.004g
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	4mg
<b>Total Carb.</b>	12.94g
<b>Fiber</b>	1.6g
<b>Sugar</b>	9.7g
<b>Protein</b>	.3g

<b>Nutrition Facts</b>	
Peaches, Diced	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	60
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	10mg
<b>Total Carb.</b>	14g
<b>Fiber</b>	1g
<b>Sugar</b>	13g
<b>Protein</b>	1g



<b>Nutrition Facts</b>	
Mandarines	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	70
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	10mg
<b>Total Carb.</b>	17g
<b>Fiber</b>	1g
<b>Sugar</b>	14g
<b>Protein</b>	1g



<b>Nutrition Facts</b>	
Mixed Fruit	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	60
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	5mg
<b>Total Carb.</b>	15g
<b>Fiber</b>	1g
<b>Sugar</b>	13g
<b>Protein</b>	0



<b>Nutrition Facts</b>	
Pineapple Tidbits	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	80
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	0
<b>Total Carb.</b>	22g
<b>Fiber</b>	1g
<b>Sugar</b>	20g
<b>Protein</b>	1g



<b>Nutrition Facts</b>	
Peaches, Sliced	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	54
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	5mg
<b>Total Carb.</b>	14.55g
<b>Fiber</b>	1.3g
<b>Sugar</b>	13.25g
<b>Protein</b>	.5g



<b>Nutrition Facts</b>	
Apple Sauce	
Serving Size	1/2 cup
Amount Per Serving	
<b>Calories</b>	90
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	10mg
<b>Total Carb.</b>	22g
<b>Fiber</b>	2g
<b>Sugar</b>	18g
<b>Protein</b>	0



<b>Nutrition Facts</b>	
Cranberry Sauce	
Serving Size	2.5oz
Amount Per Serving	
<b>Calories</b>	110
<b>Total Fat</b>	0
Saturated Fat	0
Trans Fat	0
<b>Cholesterol</b>	0
<b>Sodium</b>	35mg
<b>Total Carb.</b>	25g
<b>Fiber</b>	1g
<b>Sugar</b>	21g
<b>Protein</b>	0