

NUTRITION FACTS - FRUITS AND VEGETABLES

COMMUNITY NUTRITION EDUCATION SERVICES, INC.
WWW.CNESINC.ORG



6/2014



CONTENTS

1. Introduction	3
2. Summary of nutritional content of fruits and vegetables	3
3. Fruits and Vegetables Harvested in Southern California. Southern California and Arkansas	4
4. Fruits analyzed	5
5. Vegetables analyzed	8
6. Acknowledgement	12

1. INTRODUCTION

We have undertaken the task of analyzing the nutritional content (dietary fiber and vitamin sources) of fruits and vegetables harvested in Southern California. These nutrition facts can be useful in your planning healthy meals that include fresh fruits and vegetables. Their roles in promoting and maintaining health are summarized below.

2. SUMMARY OF NUTRITIONAL CONTENT OF FRUITS AND VEGETABLES

1. Dietary Fiber Dietary fiber found mainly in fruits, vegetables, whole grains and legumes/beans is probably best known for its ability to prevent or relieve constipation. It can provide other health benefits, such as lowering your risk of diabetes and heart disease.
2. Potassium Potassium works with sodium to maintain the body's water balance. One possible explanation for potassium's protective effect against hypertension is that increased potassium may increase the amount of sodium excreted from the body.
3. Vitamin A Vitamin A, also called retinol, helps your eyes adjust to light changes when you come in from outside and also helps keep your eyes, skin and mucous membranes moist. Some plant-based foods supply beta-carotene, which your body then converts into Vitamin A. It also has antioxidant properties. Antioxidants help neutralize "free radicals" that cause DNA damage in cells damage that may play a role in the onset of cancer. Phytochemicals, or phytonutrients, are plant compounds that contain protective, disease-preventing properties. These are found in fruits and vegetables containing beta-carotene (carrots and sweet potatoes).
4. Vitamin C Vitamin C is required for the growth and repair of tissues in all parts of your body. Vitamin C is essential for the healing of wounds, and for the repair and maintenance of cartilage, bones, and teeth. Vitamin C is one of many antioxidants.
5. Vitamin E Vitamin E is a well-known antioxidant. Antioxidants help neutralize "free radicals" that cause DNA damage in cells damage that may play a role in the onset of cancer.

6. Vitamin K Vitamin K helps your body by making proteins for healthy bones and tissues. It also makes proteins for blood clotting.
7. Lycopene Lycopene is an antioxidant that gives tomatoes, watermelon and pink grapefruit, their red color. Phytochemicals, or phytonutrients, are plant compounds that contain protective, disease-preventing properties. These are found in fruits and vegetables containing lycopene.

3. FRUITS AND VEGETABLES HARVESTED IN SOUTHERN CALIFORNIA. SOUTHERN CALIFORNIA AND ARKANSAS

Source: California Department of Food and Agriculture: observation at farmers market <http://www.seasonalchef.com/cropchart1.htm> (accessed 9/26/10)

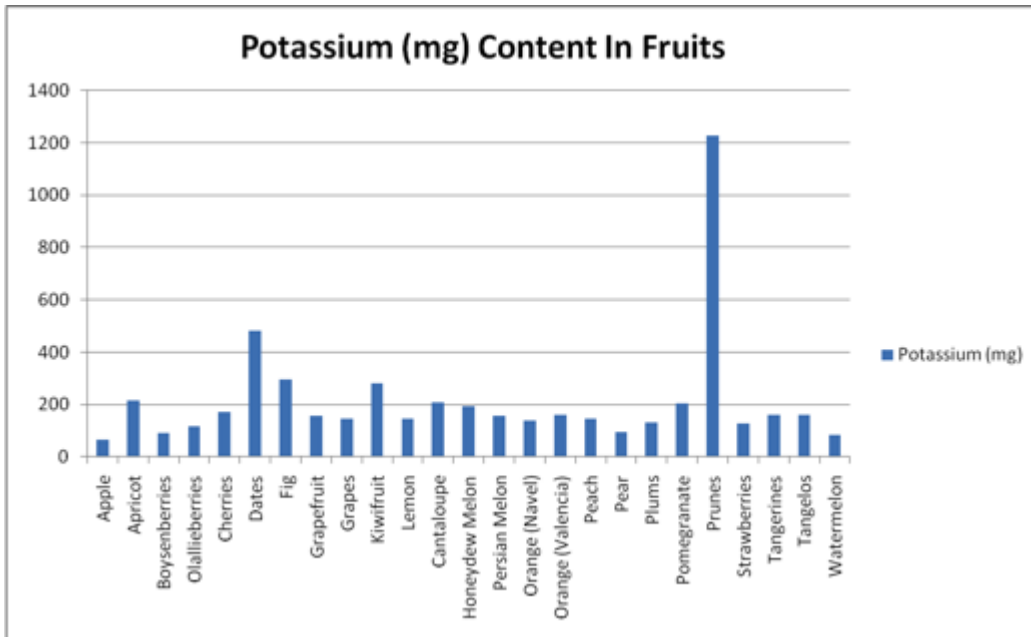
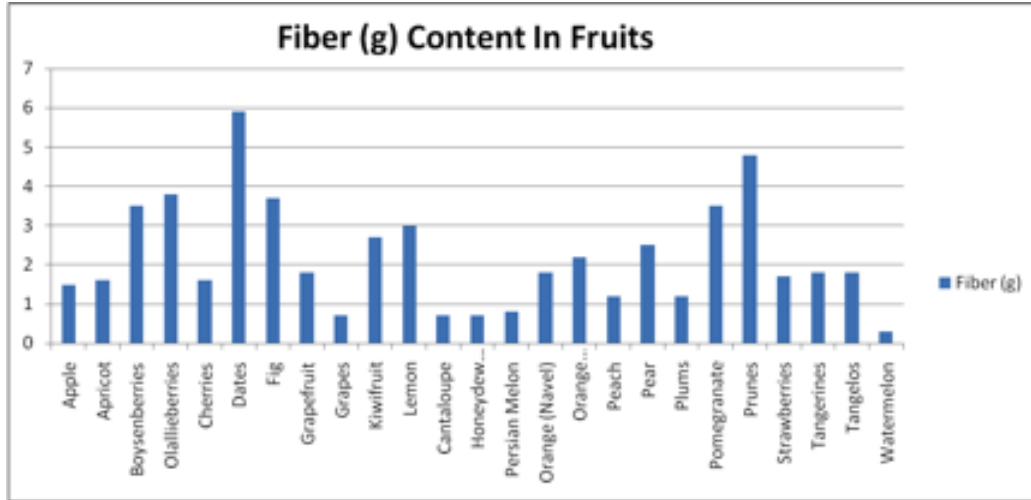
Fruits	Vegetables
1. Apples	1. Artichokes
2. Apricots	2. Asparagus
3. Boysenberries	3. Avocados
4. Olallieberries	4. Beans(dry)
5. Cherries	5. Beans(snap)
6. Dates	6. Broccoli
7. Figs	7. Brussel Sprouts
8. Grapefruit	8. Cabbage
9. Grapes	9. Carrots
10. Kiwifruit	10. Cauliflower
11. Lemons	11. Celery
12. Cantaloupe	12. Corn
13. Honeydew Melons	13. Cucumbers
14. Persian Melon	14. Fava Beans
15. Oranges(Navel)	15. Garlic
16. Oranges(Valencia)	16. Lettuce
17. Peaches	17. Mushrooms
18. Pears	18. Onions
19. Plums	19. Peppers(green)
20. Pomegranates	20. Peppers (chili)
21. Prunes	21. Potatoes
22. Strawberries	22. Spinach
23. Tangerines	23. Sweet Potatoes
24. Tangelos	24. Squash
25. Watermelon	25. Tomatoes

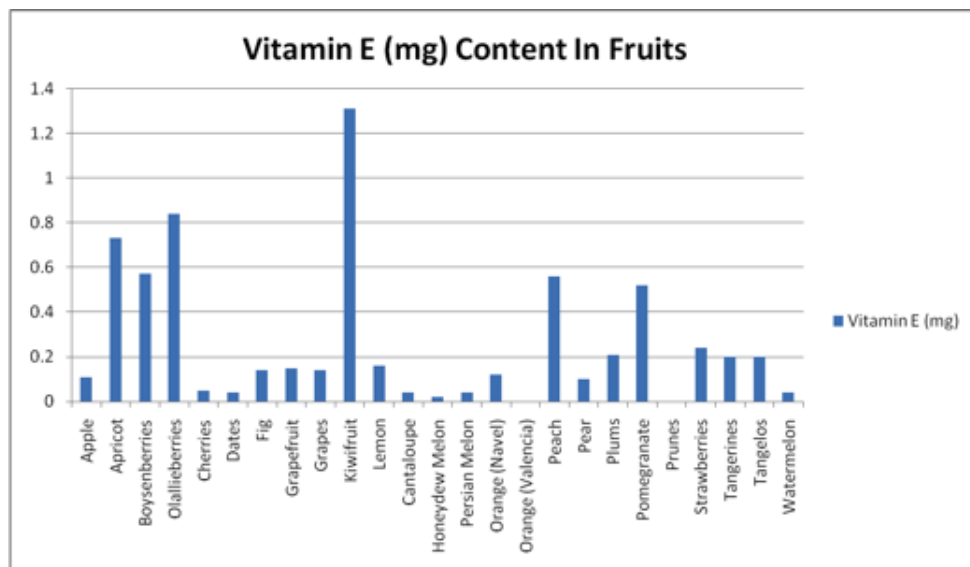
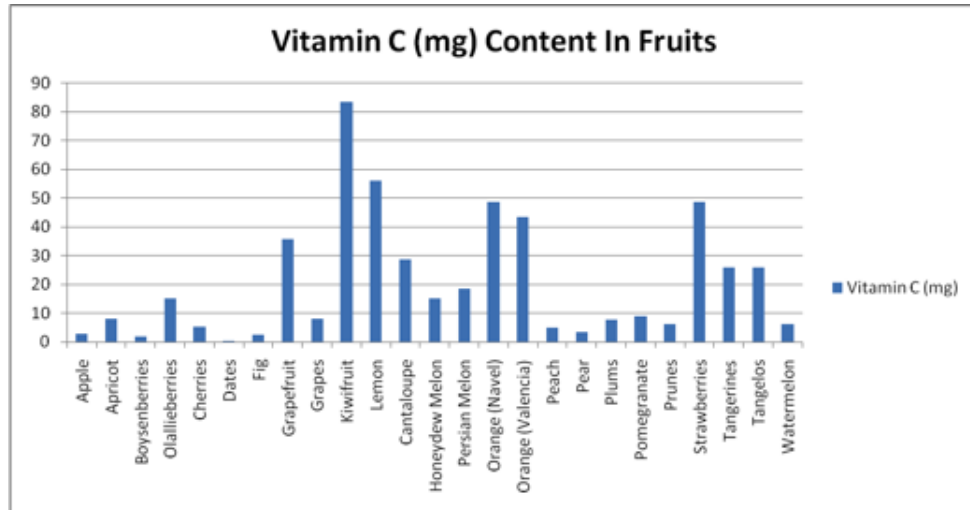
NUTRITION FACTS - FRUITS AND VEGETABLES

4. FRUITS ANALYZED

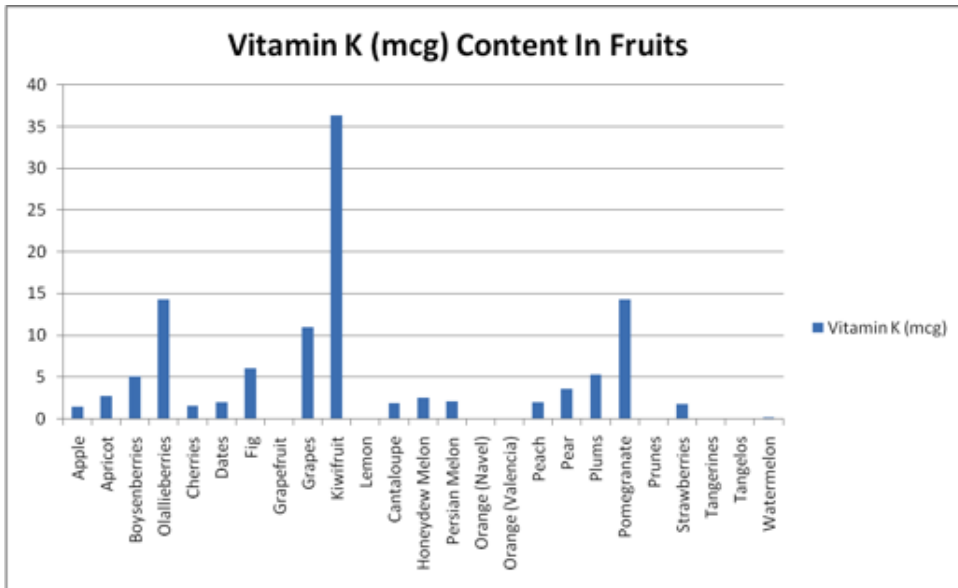
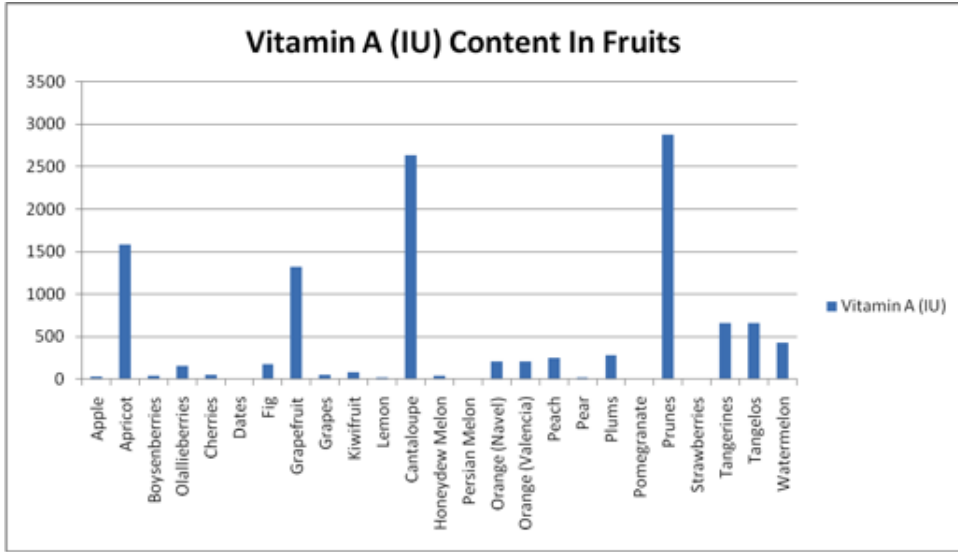
The portion size is $\frac{1}{2}$ cup servings.

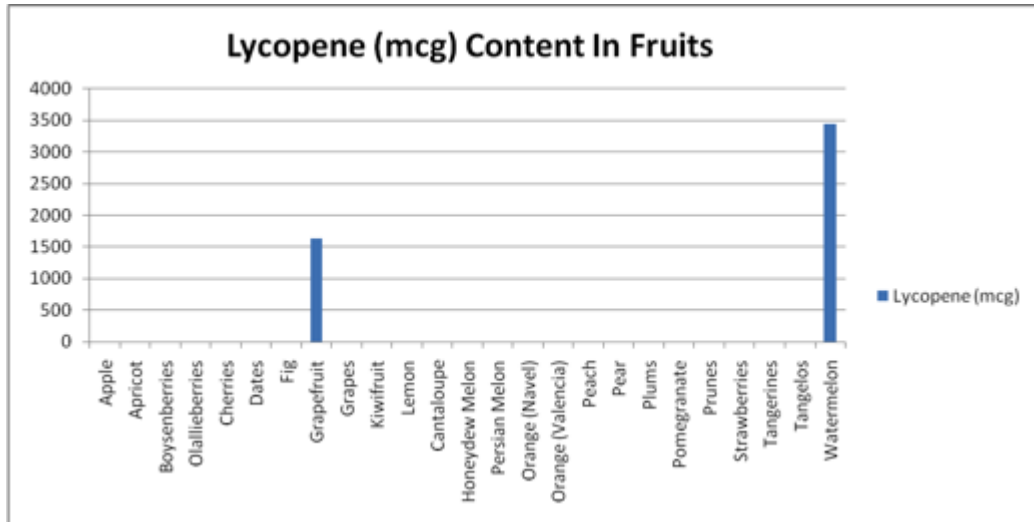
Source: Nutrition.gov link to the USDA nutrient data base
<http://www.nal.usda.gov/fnic/foodcomp/search/>





NUTRITION FACTS - FRUITS AND VEGETABLES

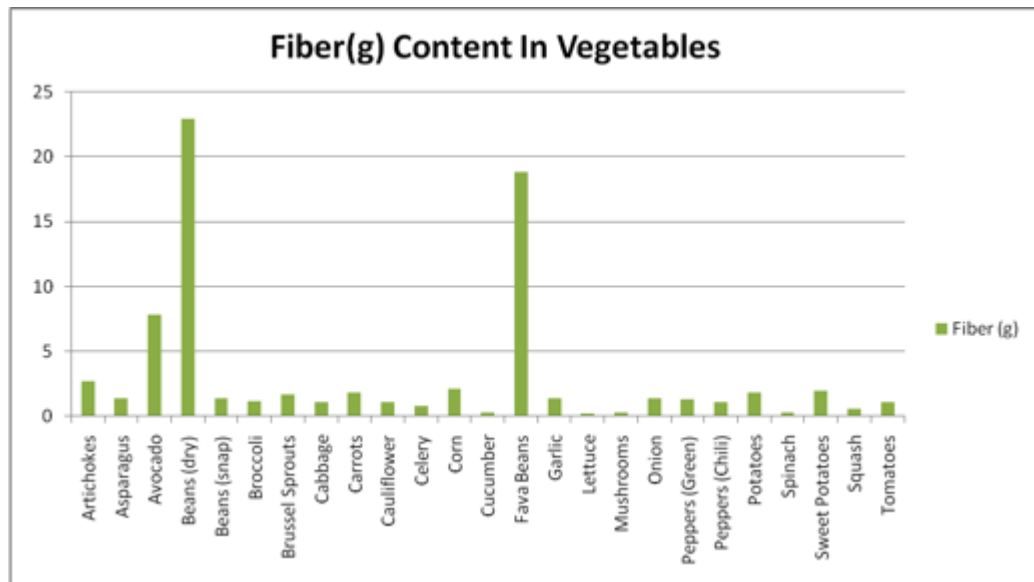




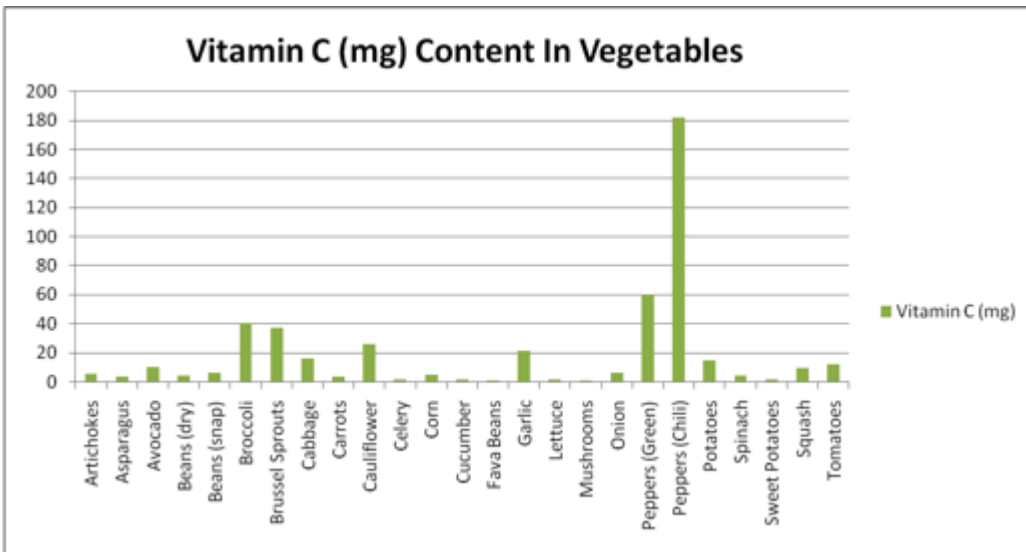
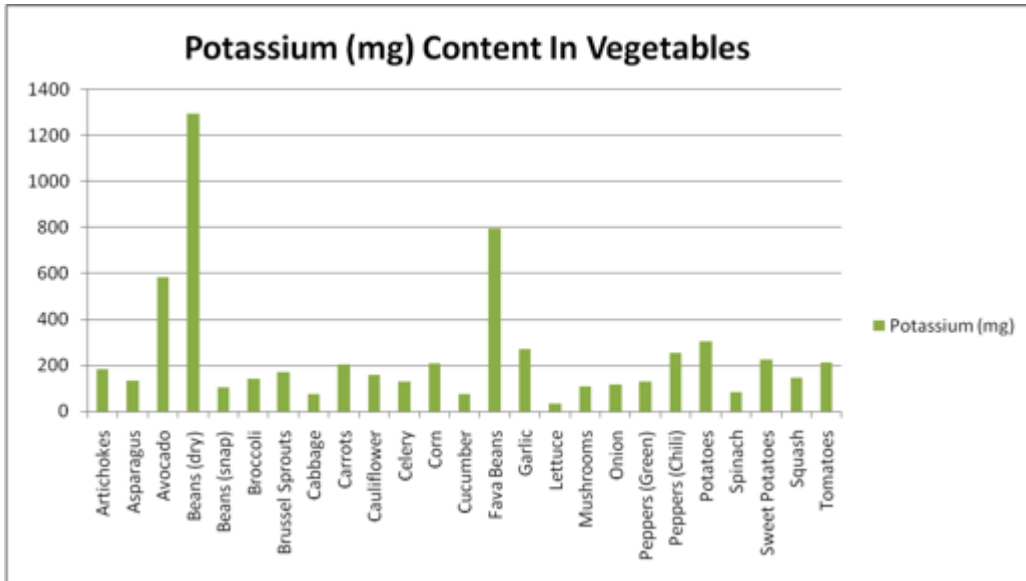
5. VEGETABLES ANALYZED

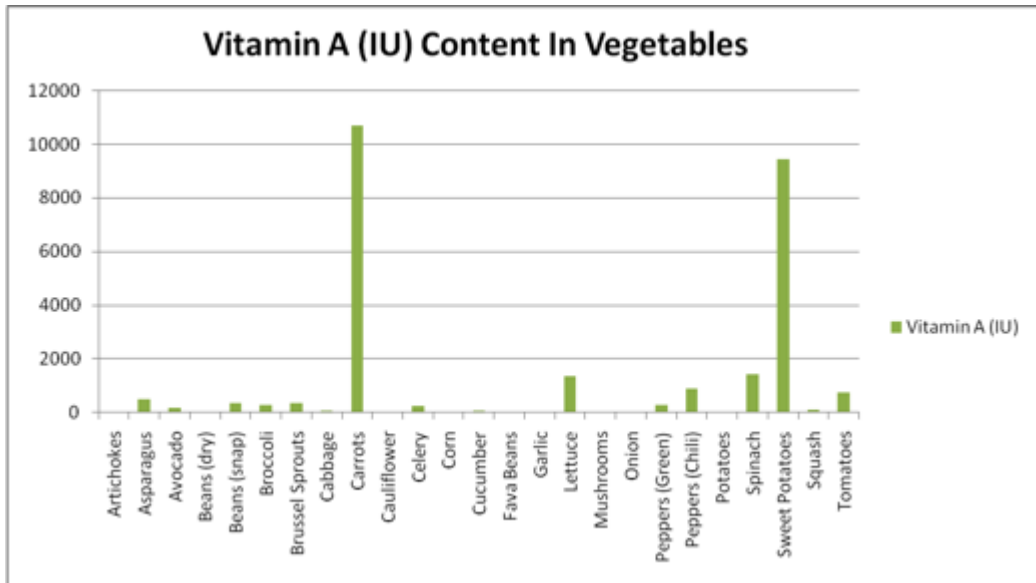
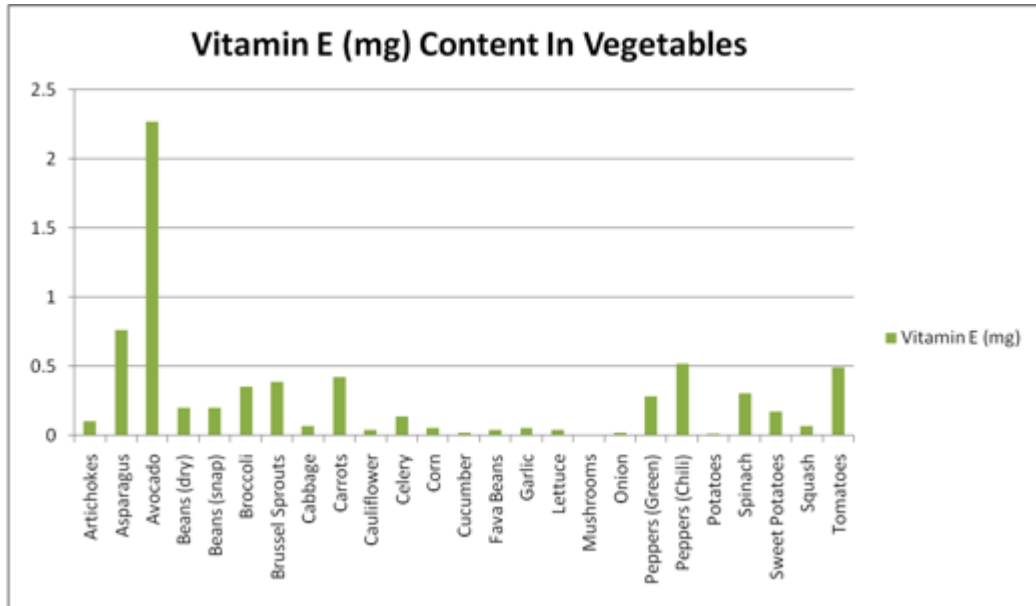
The portion size is $\frac{1}{2}$ cup servings.

Source: Nutrition.gov link to the USDA nutrient data base
<http://www.nal.usda.gov/fnic/foodcomp/search/>

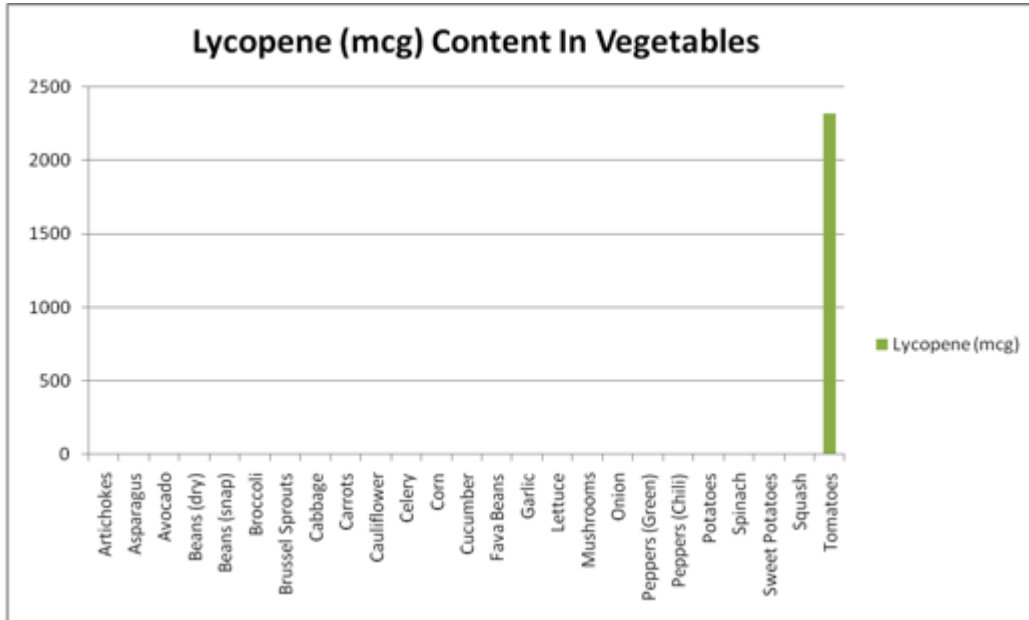
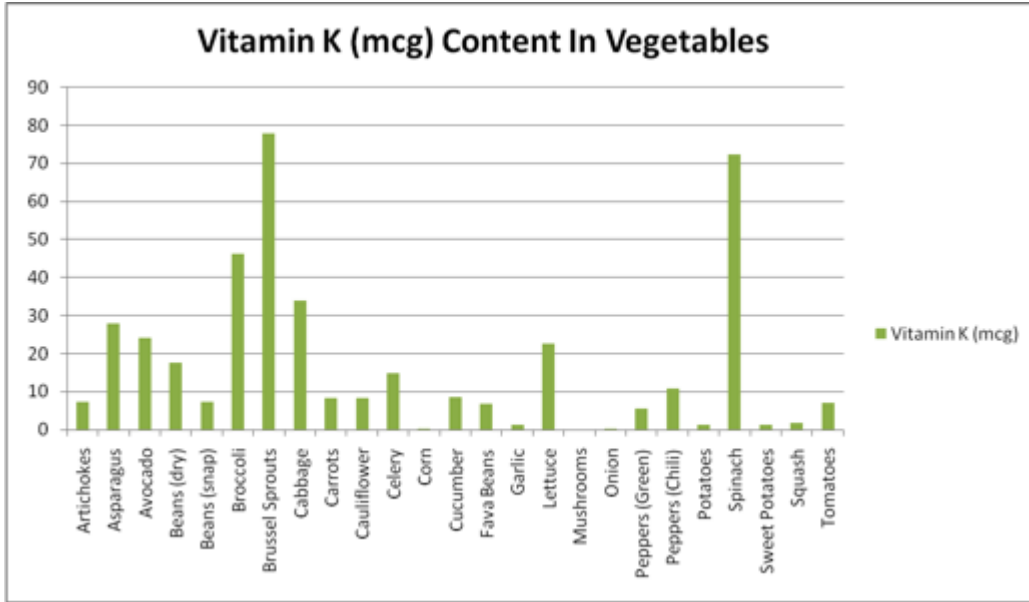


NUTRITION FACTS - FRUITS AND VEGETABLES





NUTRITION FACTS - FRUITS AND VEGETABLES



6. ACKNOWLEDGEMENT

Compiled by:
Mable Everette, DrPH, Registered Dietitian
Maribel Gonzalez, MS



www.cnesinc.org