

Fruits



Fruit

The weight listed includes skin, core, seeds, and rind.

Food	Serving Size
Apple, unpeeled, small	1 (4 oz)
Apples, dried	4 rings
Applesauce, unsweetened	½ cup
Apricots canned	½ cup
dried	8 halves
fresh	4 whole (5½ oz)
Banana, extra small	1 (4 oz)
Blackberries	¾ cup
Blueberries	¾ cup
Cantaloupe, small	½ melon or 1 cup cubed (11 oz)
Cherries sweet, canned	½ cup
sweet fresh	12 (3 oz)
Dates	3
Dried fruits (blueberries, cherries, cranberries, mixed fruit, raisins)	2 Tbsp
Figs dried	1½
fresh	1½ large or 2 medium (3½ oz)
Fruit cocktail	½ cup
Grapefruit large	½ (11 oz)
sections, canned	¾ cup
Grapes, small	17 (3 oz)
Honeydew melon	1 slice or 1 cup cubed (10 oz)
Kiwi	1 (3½ oz)
Mandarin oranges, canned	¾ cup



Fruits

Fruit (continued)

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Food	Serving Size
Mango, small	½ fruit (5½ oz) or ½ cup
Nectarine, small	1 (5 oz)
Orange, small	1 (6½ oz)
Papaya	½ fruit or 1 cup cubed (8 oz)
Peaches canned fresh, medium	½ cup 1 (6 oz)
Pears canned fresh, large	½ cup ½ (4 oz)
Pineapple canned fresh	½ cup ¼ cup
Plums canned dried (prunes) small	½ cup 3 2 (5 oz)
Raspberries	1 cup
Strawberries	1¼ cup whole berries
Tangerines, small	2 (8 oz)
Watermelon	1 slice or 1¼ cups cubes (13½ oz)