

Similar Nutrition to Fresh Cooked

Del Monte Products

½ cup serving of:	Calories	Fiber grams	Added Sugar grams	Sodium mg	Potassium mg	Vit A IU	Vit C mg
Diced Tomatoes No Salt Added	30.2	1.46	4	12.1	234	796	12.3
Green Beans No Salt Added	18.2	1.42	0	.52	89	439	2
Whole Kernel Corn No Salt Added	71.3	1.94	0	1.69	138	17	0
Sweet Peas No Salt Added	73.8	4.88	5	4.14	129	664	4.6
Spinach No Salt Added	34.5	3.34	0	21.97	279	9488	4.7
Peaches No Sugar Added	36.3	.93	0	2.58	83	417	44.4
Pears No Sugar Added	42.4	1.57	0	.54	71	0	37.3
Pineapples in Juice	83.6	.79	0	.34	132	0	8.1
Mandarin Oranges No Sugar Added	47.5	.11	0	2.01	50	142	133.3
Total:	438 Calories	16 g	9 g	46 mg	1205 mg	11963 IU	247 mg
% Daily Value		66%		2%	34%	239%	411%

All Del Monte products were analyzed as a total product. The products were not drained.

Fresh Cooked Vegetables and Fresh Fruits

½ cup serving of fresh fruit or cooked fresh vegetable:	Calories	Fiber grams	Added Sugar grams	Sodium mg	Potassium mg	Vit A IU	Vit C mg
Tomatoes	22.8	1.27	0	2.16	294	872	17.5
Green Beans	18.9	2.01	0	1.57	75	392	1.6
Corn	90	2.32	0	.17	63	17	0
Peas	64.8	6.11	0	4.69	115	391	1.4
Spinach	20.7	.82	0	39.96	76	5535	1.7
Peaches peeled, sliced	40	1.05	0	.3	118	224	2.8
Pears peeled, sliced	34.3	1.98	0	.27	74	0	1.2
Pineapples chunks	39.8	.68	0	.67	83	66	50.4
Mandarin Orange slices	50	.58	0	.85	123	808	18.4
Total:	381 Calories	17 g	0 g	51 mg	1020 mg	8305 IU	95 mg
% Daily Value		67%		2%	29%	166%	158%

All fresh vegetables were boiled and drained. Fresh fruits were peeled.