

**Ryan's Nutrition
Fresh Fruit**

Menu Item	Serving	Calories	Fat, grams	Saturated Fat, grams	Trans Fat, grams	Cholesterol, milligrams	Protein, grams	Carbohydrate, grams	Total Sugars, grams	Fiber, grams	Sodium, milligrams
	Size, grams										
Cantalope	85 (1 spoon)	25	0	0	0	0	<1	6	7	<1	10
Pineapple	78 (1 spoon)	35	0	0	0	0	0	10	7	1	0
Red Grapes	80 (1 spoon)	60	0	0	0	0	<1	15	12	<1	0
Strawberries	72 (1 spoon)	25	0	0	0	0	<1	6	4	1	0
Watermelon	76 (1 spoon)	25	0	0	0	0	<1	6	5	0	0