

Food Group: Fruits and Fruit Juices

Here you can find links to MedRat NutriArchives (one of the world's largest collections of food composition Web pages!) food composition Web pages, based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20). There are 314 food items (arranged in alphabetical order) for food group, "Fruits and Fruit Juices", in SR20. However, there are 7519 food items in all food groups included in SR20. **NDB#** is the 5-digit Nutrient Databank number that uniquely identifies a food item.

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Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

1. [Abiyuch, raw \(NDB#: 09427\)](#)
2. [Acerola juice, raw \(NDB#: 09002\)](#)
3. [Acerola, \(west indian cherry\), raw \(NDB#: 09001\)](#)
4. [Apple juice, canned or bottled, unsweetened, with added ascorbic acid \(NDB#: 09400\)](#)
5. [Apple juice, canned or bottled, unsweetened, without added ascorbic acid \(NDB#: 09016\)](#)
6. [Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid \(NDB#: 09018\)](#)
7. [Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid \(NDB#: 09411\)](#)
8. [Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid \(NDB#: 09410\)](#)
9. [Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid \(NDB#: 09017\)](#)
10. [Apples, canned, sweetened, sliced, drained, heated \(NDB#: 09008\)](#)
11. [Apples, canned, sweetened, sliced, drained, unheated \(NDB#: 09007\)](#)
12. [Apples, dehydrated \(low moisture\), sulfured, stewed \(NDB#: 09010\)](#)
13. [Apples, dehydrated \(low moisture\), sulfured, uncooked \(NDB#: 09009\)](#)
14. [Apples, dried, sulfured, stewed, with added sugar \(NDB#: 09013\)](#)
15. [Apples, dried, sulfured, stewed, without added sugar \(NDB#: 09012\)](#)
16. [Apples, dried, sulfured, uncooked \(NDB#: 09011\)](#)
17. [Apples, frozen, unsweetened, heated \(NDB#: 09015\)](#)
18. [Apples, frozen, unsweetened, unheated \(NDB#: 09014\)](#)

19. [Apples, raw, with skin \(NDB#: 09003\)](#)
20. [Apples, raw, without skin \(NDB#: 09004\)](#)
21. [Apples, raw, without skin, cooked, boiled \(NDB#: 09005\)](#)
22. [Apples, raw, without skin, cooked, microwave \(NDB#: 09006\)](#)
23. [Applesauce, canned, sweetened, with salt \(NDB#: 09402\)](#)
24. [Applesauce, canned, sweetened, without salt \(NDB#: 09020\)](#)
25. [Applesauce, canned, unsweetened, with added ascorbic acid \(NDB#: 09401\)](#)
26. [Applesauce, canned, unsweetened, without added ascorbic acid \(NDB#: 09019\)](#)
27. [Apricot nectar, canned, with added ascorbic acid \(NDB#: 09403\)](#)
28. [Apricot nectar, canned, without added ascorbic acid \(NDB#: 09036\)](#)
29. [Apricots, canned, extra heavy syrup pack, without skin, solids and liquids \(NDB#: 09029\)](#)
30. [Apricots, canned, extra light syrup pack, with skin, solids and liquids \(NDB#: 09025\)](#)
31. [Apricots, canned, heavy syrup pack, with skin, solids and liquids \(NDB#: 09027\)](#)
32. [Apricots, canned, heavy syrup pack, without skin, solids and liquids \(NDB#: 09028\)](#)
33. [Apricots, canned, heavy syrup, drained \(NDB#: 09357\)](#)
34. [Apricots, canned, juice pack, with skin, solids and liquids \(NDB#: 09024\)](#)
35. [Apricots, canned, light syrup pack, with skin, solids and liquids \(NDB#: 09026\)](#)
36. [Apricots, canned, water pack, with skin, solids and liquids \(NDB#: 09022\)](#)
37. [Apricots, canned, water pack, without skin, solids and liquids \(NDB#: 09023\)](#)
38. [Apricots, dehydrated \(low-moisture\), sulfured, stewed \(NDB#: 09031\)](#)
39. [Apricots, dehydrated \(low-moisture\), sulfured, uncooked \(NDB#: 09030\)](#)
40. [Apricots, dried, sulfured, stewed, with added sugar \(NDB#: 09034\)](#)
41. [Apricots, dried, sulfured, stewed, without added sugar \(NDB#: 09033\)](#)
42. [Apricots, dried, sulfured, uncooked \(NDB#: 09032\)](#)
43. [Apricots, frozen, sweetened \(NDB#: 09035\)](#)
44. [Apricots, raw \(NDB#: 09021\)](#)
45. [Avocados, raw, all commercial varieties \(NDB#: 09037\)](#)
46. [Avocados, raw, California \(NDB#: 09038\)](#)
47. [Avocados, raw, Florida \(NDB#: 09039\)](#)
48. [Bananas, dehydrated, or banana powder \(NDB#: 09041\)](#)
49. [Bananas, raw \(NDB#: 09040\)](#)
50. [Blackberries, canned, heavy syrup, solids and liquids \(NDB#: 09046\)](#)
51. [Blackberries, frozen, unsweetened \(NDB#: 09048\)](#)
52. [Blackberries, raw \(NDB#: 09042\)](#)
53. [Blackberry juice, canned \(NDB#: 09043\)](#)
54. [Blueberries, canned, heavy syrup, solids and liquids \(NDB#: 09052\)](#)
55. [Blueberries, frozen, sweetened \(NDB#: 09055\)](#)
56. [Blueberries, frozen, unsweetened \(NDB#: 09054\)](#)
57. [Blueberries, raw \(NDB#: 09050\)](#)
58. [Boysenberries, canned, heavy syrup \(NDB#: 09056\)](#)
59. [Boysenberries, frozen, unsweetened \(NDB#: 09057\)](#)
60. [Breadfruit, raw \(NDB#: 09059\)](#)
61. [Candied fruit \(NDB#: 09426\)](#)
62. [Carambola, \(starfruit\), raw \(NDB#: 09060\)](#)
63. [Carissa, \(natal-plum\), raw \(NDB#: 09061\)](#)
64. [Cherimoya, raw \(NDB#: 09062\)](#)
65. [Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09067\)](#)

66. [Cherries, sour, red, canned, heavy syrup pack, solids and liquids \(NDB#: 09066\)](#)
67. [Cherries, sour, red, canned, light syrup pack, solids and liquids \(NDB#: 09065\)](#)
68. [Cherries, sour, red, canned, water pack, solids and liquids \(includes USDA commodity red tart cherries, canned\) \(NDB#: 09064\)](#)
69. [Cherries, sour, red, frozen, unsweetened \(NDB#: 09068\)](#)
70. [Cherries, sour, red, raw \(NDB#: 09063\)](#)
71. [Cherries, sweet, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09075\)](#)
72. [Cherries, sweet, canned, heavy syrup pack, solids and liquids \(NDB#: 09074\)](#)
73. [Cherries, sweet, canned, heavy syrup, drained \(NDB#: 09367\)](#)
74. [Cherries, sweet, canned, juice pack, solids and liquids \(NDB#: 09072\)](#)
75. [Cherries, sweet, canned, light syrup pack, solids and liquids \(NDB#: 09073\)](#)
76. [Cherries, sweet, canned, water pack, solids and liquids \(NDB#: 09071\)](#)
77. [Cherries, sweet, frozen, sweetened \(NDB#: 09076\)](#)
78. [Cherries, sweet, raw \(NDB#: 09070\)](#)
79. [Clementines, raw \(NDB#: 09433\)](#)
80. [Crabapples, raw \(NDB#: 09077\)](#)
81. [Cranberries, dried, sweetened \(NDB#: 09079\)](#)
82. [Cranberries, raw \(NDB#: 09078\)](#)
83. [Cranberry juice, unsweetened \(NDB#: 43382\)](#)
84. [Cranberry sauce, canned, sweetened \(NDB#: 09081\)](#)
85. [Cranberry-orange relish, canned \(NDB#: 09082\)](#)
86. [Currants, european black, raw \(NDB#: 09083\)](#)
87. [Currants, red and white, raw \(NDB#: 09084\)](#)
88. [Currants, zante, dried \(NDB#: 09085\)](#)
89. [Custard-apple, \(bullock's-heart\), raw \(NDB#: 09086\)](#)
90. [Dates, deglet noor \(NDB#: 09087\)](#)
91. [Dates, medjool \(NDB#: 09421\)](#)
92. [Durian, raw or frozen \(NDB#: 09422\)](#)
93. [Elderberries, raw \(NDB#: 09088\)](#)
94. [Feijoa, raw \(NDB#: 09334\)](#)
95. [Figs, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09093\)](#)
96. [Figs, canned, heavy syrup pack, solids and liquids \(NDB#: 09092\)](#)
97. [Figs, canned, light syrup pack, solids and liquids \(NDB#: 09091\)](#)
98. [Figs, canned, water pack, solids and liquids \(NDB#: 09090\)](#)
99. [Figs, dried, stewed \(NDB#: 09095\)](#)
100. [Figs, dried, uncooked \(NDB#: 09094\)](#)
101. [Figs, raw \(NDB#: 09089\)](#)
102. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, extra heavy syrup, solids and liquids \(NDB#: 09101\)](#)
103. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, extra light syrup, solids and liquids \(NDB#: 09098\)](#)
104. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, heavy syrup, solids and liquids \(NDB#: 09100\)](#)
105. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, juice pack, solids and liquids \(NDB#: 09097\)](#)
106. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, light syrup, solids and liquids \(NDB#: 09099\)](#)

107. [Fruit cocktail, \(peach and pineapple and pear and grape and cherry\), canned, water pack, solids and liquids \(NDB#: 09096\)](#)
108. [Fruit cocktail, canned, heavy syrup, drained \(NDB#: 09351\)](#)
109. [Fruit salad, \(peach and pear and apricot and pineapple and cherry\), canned, extra heavy syrup, solids and liquids \(NDB#: 09106\)](#)
110. [Fruit salad, \(peach and pear and apricot and pineapple and cherry\), canned, heavy syrup, solids and liquids \(NDB#: 09105\)](#)
111. [Fruit salad, \(peach and pear and apricot and pineapple and cherry\), canned, juice pack, solids and liquids \(NDB#: 09103\)](#)
112. [Fruit salad, \(peach and pear and apricot and pineapple and cherry\), canned, light syrup, solids and liquids \(NDB#: 09104\)](#)
113. [Fruit salad, \(peach and pear and apricot and pineapple and cherry\), canned, water pack, solids and liquids \(NDB#: 09102\)](#)
114. [Fruit salad, \(pineapple and papaya and banana and guava\), tropical, canned, heavy syrup, solids and liquids \(NDB#: 09325\)](#)
115. [Fruit, mixed, \(peach and cherry-sweet and -sour and raspberry and grape and boysenberry\), frozen, sweetened \(NDB#: 09189\)](#)
116. [Fruit, mixed, \(peach and pear and pineapple\), canned, heavy syrup, solids and liquids \(NDB#: 09187\)](#)
117. [Fruit, mixed, \(prune and apricot and pear\), dried \(NDB#: 09188\)](#)
118. [Gooseberries, canned, light syrup pack, solids and liquids \(NDB#: 09109\)](#)
119. [Gooseberries, raw \(NDB#: 09107\)](#)
120. [Grape juice, canned or bottled, unsweetened, without added vitamin C \(NDB#: 09135\)](#)
121. [Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C \(NDB#: 09137\)](#)
122. [Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C \(NDB#: 09136\)](#)
123. [Grapefruit juice, pink, raw \(NDB#: 09404\)](#)
124. [Grapefruit juice, white, canned, sweetened \(NDB#: 09124\)](#)
125. [Grapefruit juice, white, canned, unsweetened \(NDB#: 09123\)](#)
126. [Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water \(NDB#: 09126\)](#)
127. [Grapefruit juice, white, frozen concentrate, unsweetened, undiluted \(NDB#: 09125\)](#)
128. [Grapefruit juice, white, raw \(NDB#: 09128\)](#)
129. [Grapefruit, raw, pink and red and white, all areas \(NDB#: 09111\)](#)
130. [Grapefruit, raw, pink and red, all areas \(NDB#: 09112\)](#)
131. [Grapefruit, raw, pink and red, California and Arizona \(NDB#: 09113\)](#)
132. [Grapefruit, raw, pink and red, Florida \(NDB#: 09114\)](#)
133. [Grapefruit, raw, white, all areas \(NDB#: 09116\)](#)
134. [Grapefruit, raw, white, California \(NDB#: 09117\)](#)
135. [Grapefruit, raw, white, Florida \(NDB#: 09118\)](#)
136. [Grapefruit, sections, canned, juice pack, solids and liquids \(NDB#: 09120\)](#)
137. [Grapefruit, sections, canned, light syrup pack, solids and liquids \(NDB#: 09121\)](#)
138. [Grapefruit, sections, canned, water pack, solids and liquids \(NDB#: 09119\)](#)
139. [Grapes, american type \(slip skin\), raw \(NDB#: 09131\)](#)
140. [Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids \(NDB#: 09134\)](#)
141. [Grapes, canned, thompson seedless, water pack, solids and liquids \(NDB#: 09133\)](#)
142. [Grapes, red or green \(European type, such as Thompson seedless\), raw \(NDB#: 09132\)](#)

143. [Groundcherries, \(cape-gooseberries or poha\), raw \(NDB#: 09138\)](#)
144. [Guanabana nectar, canned \(NDB#: 09434\)](#)
145. [Guava nectar, canned \(NDB#: 09435\)](#)
146. [Guava sauce, cooked \(NDB#: 09143\)](#)
147. [Guavas, common, raw \(NDB#: 09139\)](#)
148. [Guavas, strawberry, raw \(NDB#: 09140\)](#)
149. [Jackfruit, canned, syrup pack \(NDB#: 09420\)](#)
150. [Jackfruit, raw \(NDB#: 09144\)](#)
151. [Java-plum, \(jambolan\), raw \(NDB#: 09145\)](#)
152. [Jujube, dried \(NDB#: 09147\)](#)
153. [Jujube, raw \(NDB#: 09146\)](#)
154. [Kiwi fruit, \(chinese gooseberries\), fresh, raw \(NDB#: 09148\)](#)
155. [Kiwifruit, \(chinese gooseberries\), held in storage, raw \(NDB#: 09405\)](#)
156. [Kumquats, raw \(NDB#: 09149\)](#)
157. [Lemon juice, canned or bottled \(NDB#: 09153\)](#)
158. [Lemon juice, frozen, unsweetened, single strength \(NDB#: 09154\)](#)
159. [Lemon juice, raw \(NDB#: 09152\)](#)
160. [Lemon peel, raw \(NDB#: 09156\)](#)
161. [Lemons, raw, with peel \(NDB#: 09151\)](#)
162. [Lemons, raw, without peel \(NDB#: 09150\)](#)
163. [Lime juice, canned or bottled, unsweetened \(NDB#: 09161\)](#)
164. [Lime juice, raw \(NDB#: 09160\)](#)
165. [Limes, raw \(NDB#: 09159\)](#)
166. [Litchis, dried \(NDB#: 09165\)](#)
167. [Litchis, raw \(NDB#: 09164\)](#)
168. [Loganberries, frozen \(NDB#: 09167\)](#)
169. [Longans, dried \(NDB#: 09173\)](#)
170. [Longans, raw \(NDB#: 09172\)](#)
171. [Loquats, raw \(NDB#: 09174\)](#)
172. [Mammy-apple, \(mamey\), raw \(NDB#: 09175\)](#)
173. [Mango nectar, canned \(NDB#: 09436\)](#)
174. [Mangos, raw \(NDB#: 09176\)](#)
175. [Mangosteen, canned, syrup pack \(NDB#: 09177\)](#)
176. [Maraschino cherries, canned, drained \(NDB#: 09328\)](#)
177. [Melon balls, frozen \(NDB#: 09185\)](#)
178. [Melons, cantaloupe, raw \(NDB#: 09181\)](#)
179. [Melons, casaba, raw \(NDB#: 09183\)](#)
180. [Melons, honeydew, raw \(NDB#: 09184\)](#)
181. [Mulberries, raw \(NDB#: 09190\)](#)
182. [Nectarines, raw \(NDB#: 09191\)](#)
183. [Oheloberries, raw \(NDB#: 09192\)](#)
184. [Olives, pickled, canned or bottled, green \(NDB#: 09195\)](#)
185. [Olives, ripe, canned \(jumbo-super colossal\) \(NDB#: 09194\)](#)
186. [Olives, ripe, canned \(small-extra large\) \(NDB#: 09193\)](#)
187. [Orange juice, California, chilled, includes from concentrate \(NDB#: 09406\)](#)
188. [Orange juice, canned, unsweetened \(NDB#: 09207\)](#)
189. [Orange juice, chilled, includes from concentrate \(NDB#: 09209\)](#)

190. [Orange juice, chilled, includes from concentrate, fortified with calcium and vitamin D \(NDB#: 09210\)](#)
191. [Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water \(NDB#: 09215\)](#)
192. [Orange juice, frozen concentrate, unsweetened, undiluted \(NDB#: 09214\)](#)
193. [Orange juice, raw \(NDB#: 09206\)](#)
194. [Orange peel, raw \(NDB#: 09216\)](#)
195. [Orange-grapefruit juice, canned, unsweetened \(NDB#: 09217\)](#)
196. [Oranges, raw, all commercial varieties \(NDB#: 09200\)](#)
197. [Oranges, raw, California, valencias \(NDB#: 09201\)](#)
198. [Oranges, raw, Florida \(NDB#: 09203\)](#)
199. [Oranges, raw, navels \(NDB#: 09202\)](#)
200. [Oranges, raw, with peel \(NDB#: 09205\)](#)
201. [Orange-strawberry-banana juice \(NDB#: 42149\)](#)
202. [Papaya nectar, canned \(NDB#: 09229\)](#)
203. [Papayas, raw \(NDB#: 09226\)](#)
204. [Passion-fruit juice, purple, raw \(NDB#: 09232\)](#)
205. [Passion-fruit juice, yellow, raw \(NDB#: 09233\)](#)
206. [Passion-fruit, \(granadilla\), purple, raw \(NDB#: 09231\)](#)
207. [Peach nectar, canned, with added ascorbic acid \(NDB#: 09407\)](#)
208. [Peach nectar, canned, without added ascorbic acid \(NDB#: 09251\)](#)
209. [Peaches, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09242\)](#)
210. [Peaches, canned, extra light syrup, solids and liquids \(NDB#: 09239\)](#)
211. [Peaches, canned, heavy syrup pack, solids and liquids \(NDB#: 09241\)](#)
212. [Peaches, canned, heavy syrup, drained \(NDB#: 09370\)](#)
213. [Peaches, canned, juice pack, solids and liquids \(NDB#: 09238\)](#)
214. [Peaches, canned, light syrup pack, solids and liquids \(NDB#: 09240\)](#)
215. [Peaches, canned, water pack, solids and liquids \(NDB#: 09237\)](#)
216. [Peaches, dehydrated \(low-moisture\), sulfured, stewed \(NDB#: 09245\)](#)
217. [Peaches, dehydrated \(low-moisture\), sulfured, uncooked \(NDB#: 09244\)](#)
218. [Peaches, dried, sulfured, stewed, with added sugar \(NDB#: 09248\)](#)
219. [Peaches, dried, sulfured, stewed, without added sugar \(NDB#: 09247\)](#)
220. [Peaches, dried, sulfured, uncooked \(NDB#: 09246\)](#)
221. [Peaches, frozen, sliced, sweetened \(NDB#: 09250\)](#)
222. [Peaches, raw \(NDB#: 09236\)](#)
223. [Peaches, spiced, canned, heavy syrup pack, solids and liquids \(NDB#: 09243\)](#)
224. [Pear nectar, canned, with added ascorbic acid \(NDB#: 09408\)](#)
225. [Pear nectar, canned, without added ascorbic acid \(NDB#: 09262\)](#)
226. [Pears, asian, raw \(NDB#: 09340\)](#)
227. [Pears, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09258\)](#)
228. [Pears, canned, extra light syrup pack, solids and liquids \(NDB#: 09255\)](#)
229. [Pears, canned, heavy syrup pack, solids and liquids \(NDB#: 09257\)](#)
230. [Pears, canned, heavy syrup, drained \(NDB#: 09374\)](#)
231. [Pears, canned, juice pack, solids and liquids \(NDB#: 09254\)](#)
232. [Pears, canned, light syrup pack, solids and liquids \(NDB#: 09256\)](#)
233. [Pears, canned, water pack, solids and liquids \(NDB#: 09253\)](#)
234. [Pears, dried, sulfured, stewed, with added sugar \(NDB#: 09261\)](#)
235. [Pears, dried, sulfured, stewed, without added sugar \(NDB#: 09260\)](#)
236. [Pears, dried, sulfured, uncooked \(NDB#: 09259\)](#)

237. [Pears, raw \(NDB#: 09252\)](#)
238. [Persimmons, japanese, dried \(NDB#: 09264\)](#)
239. [Persimmons, japanese, raw \(NDB#: 09263\)](#)
240. [Persimmons, native, raw \(NDB#: 09265\)](#)
241. [Pineapple juice, canned, unsweetened, with added ascorbic acid \(NDB#: 09409\)](#)
242. [Pineapple juice, canned, unsweetened, without added ascorbic acid \(NDB#: 09273\)](#)
243. [Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water \(NDB#: 09275\)](#)
244. [Pineapple juice, frozen concentrate, unsweetened, undiluted \(NDB#: 09274\)](#)
245. [Pineapple, canned, extra heavy syrup pack, solids and liquids \(NDB#: 09271\)](#)
246. [Pineapple, canned, heavy syrup pack, solids and liquids \(NDB#: 09270\)](#)
247. [Pineapple, canned, juice pack, drained \(NDB#: 09354\)](#)
248. [Pineapple, canned, juice pack, solids and liquids \(NDB#: 09268\)](#)
249. [Pineapple, canned, light syrup pack, solids and liquids \(NDB#: 09269\)](#)
250. [Pineapple, canned, water pack, solids and liquids \(NDB#: 09267\)](#)
251. [Pineapple, frozen, chunks, sweetened \(NDB#: 09272\)](#)
252. [Pineapple, raw, all varieties \(NDB#: 09266\)](#)
253. [Pineapple, raw, extra sweet variety \(NDB#: 09430\)](#)
254. [Pineapple, raw, traditional varieties \(NDB#: 09429\)](#)
255. [Pitanga, \(surinam-cherry\), raw \(NDB#: 09276\)](#)
256. [Plantains, cooked \(NDB#: 09278\)](#)
257. [Plantains, raw \(NDB#: 09277\)](#)
258. [Plums, canned, heavy syrup, drained \(NDB#: 09379\)](#)
259. [Plums, canned, purple, extra heavy syrup pack, solids and liquids \(NDB#: 09285\)](#)
260. [Plums, canned, purple, heavy syrup pack, solids and liquids \(NDB#: 09284\)](#)
261. [Plums, canned, purple, juice pack, solids and liquids \(NDB#: 09282\)](#)
262. [Plums, canned, purple, light syrup pack, solids and liquids \(NDB#: 09283\)](#)
263. [Plums, canned, purple, water pack, solids and liquids \(NDB#: 09281\)](#)
264. [Plums, dried \(prunes\), stewed, with added sugar \(NDB#: 09293\)](#)
265. [Plums, dried \(prunes\), stewed, without added sugar \(NDB#: 09292\)](#)
266. [Plums, dried \(prunes\), uncooked \(NDB#: 09291\)](#)
267. [Plums, raw \(NDB#: 09279\)](#)
268. [Pomegranates, raw \(NDB#: 09286\)](#)
269. [Prickly pears, raw \(NDB#: 09287\)](#)
270. [Prune juice, canned \(NDB#: 09294\)](#)
271. [Prune puree \(NDB#: 09423\)](#)
272. [Prunes, canned, heavy syrup pack, solids and liquids \(NDB#: 09288\)](#)
273. [Prunes, dehydrated \(low-moisture\), stewed \(NDB#: 09290\)](#)
274. [Prunes, dehydrated \(low-moisture\), uncooked \(NDB#: 09289\)](#)
275. [Pummelo, raw \(NDB#: 09295\)](#)
276. [Quinces, raw \(NDB#: 09296\)](#)
277. [Raisins, golden seedless \(NDB#: 09297\)](#)
278. [Raisins, seeded \(NDB#: 09299\)](#)
279. [Raisins, seedless \(NDB#: 09298\)](#)
280. [Rambutan, canned, syrup pack \(NDB#: 09301\)](#)
281. [Raspberries, canned, red, heavy syrup pack, solids and liquids \(NDB#: 09304\)](#)
282. [Raspberries, frozen, red, sweetened \(NDB#: 09306\)](#)
283. [Raspberries, raw \(NDB#: 09302\)](#)

284. [Rhubarb, frozen, cooked, with sugar \(NDB#: 09310\)](#)
285. [Rhubarb, frozen, uncooked \(NDB#: 09309\)](#)
286. [Rhubarb, raw \(NDB#: 09307\)](#)
287. [Rose-apples, raw \(NDB#: 09312\)](#)
288. [Roselle, raw \(NDB#: 09311\)](#)
289. [Rowal, raw \(NDB#: 09428\)](#)
290. [Sapodilla, raw \(NDB#: 09313\)](#)
291. [Sapotes, \(marmalade plum\), raw \(NDB#: 09314\)](#)
292. [Soursop, raw \(NDB#: 09315\)](#)
293. [Strawberries, canned, heavy syrup pack, solids and liquids \(NDB#: 09317\)](#)
294. [Strawberries, frozen, sweetened, sliced \(NDB#: 09320\)](#)
295. [Strawberries, frozen, sweetened, whole \(NDB#: 09319\)](#)
296. [Strawberries, frozen, unsweetened \(NDB#: 09318\)](#)
297. [Strawberries, raw \(NDB#: 09316\)](#)
298. [Sugar-apples, \(sweetsop\), raw \(NDB#: 09321\)](#)
299. [Tamarind nectar, canned \(NDB#: 09437\)](#)
300. [Tamarinds, raw \(NDB#: 09322\)](#)
301. [Tangerine juice, canned, sweetened \(NDB#: 09223\)](#)
302. [Tangerine juice, frozen concentrate, sweetened, diluted with 3 volume water \(NDB#: 09225\)](#)
303. [Tangerine juice, frozen concentrate, sweetened, undiluted \(NDB#: 09224\)](#)
304. [Tangerine juice, raw \(NDB#: 09221\)](#)
305. [Tangerines, \(mandarin oranges\), canned, juice pack \(NDB#: 09219\)](#)
306. [Tangerines, \(mandarin oranges\), canned, juice pack, drained \(NDB#: 09383\)](#)
307. [Tangerines, \(mandarin oranges\), canned, light syrup pack \(NDB#: 09220\)](#)
308. [Tangerines, \(mandarin oranges\), raw \(NDB#: 09218\)](#)
309. [USDA Commodity peaches, canned, light syrup, drained \(NDB#: 09438\)](#)
310. [USDA Commodity pears, canned, juice pack, drained \(NDB#: 09439\)](#)
311. [USDA Commodity pears, canned, light syrup, drained \(NDB#: 09440\)](#)
312. [USDA Commodity, mixed fruit \(peaches, pears, grapes\), canned, light syrup, drained \(NDB#: 09431\)](#)
313. [USDA Commodity, mixed fruit \(peaches, pears, grapes\), canned, light syrup, solids and liquids \(NDB#: 09432\)](#)
314. [Watermelon, raw \(NDB#: 09326\)](#)

Other Groups

- [\[Baby Foods\]](#) [\[Baked Products\]](#) [\[Beef Products\]](#) [\[Beverages\]](#) [\[Breakfast Cereals\]](#)
- [\[Cereal Grains and Pasta\]](#) [\[Dairy & Egg Products\]](#) [\[Ethnic Foods\]](#) [\[Fast Foods\]](#)
- [\[Fats & Oils\]](#) [\[Finfish & Shellfish Products\]](#) [\[Fruits and Fruit Juices\]](#)
- [\[Lamb, Veal, and Game Products\]](#) [\[Legumes and Legume Products\]](#)
- [\[Meals, Entrees, and Sidedishes\]](#) [\[Nut and Seed Products\]](#)
- [\[Pork Products\]](#) [\[Poultry Products\]](#) [\[Sausages & Luncheon Meats\]](#)
- [\[Snacks\]](#) [\[Soups, Sauces, and Gravies\]](#) [\[Spices & Herbs\]](#)
- [\[Sweets\]](#) [\[Vegetables & Vegetable Products\]](#)

Based on USDA National Nutrient Database for Standard Reference, Release 20 (SR20)

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