

Fresh:

Item	Brand	Grocery Aisle	Serving	Food Group Count	Calories	Total Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein
Asparagus	Any	Produce	5 spears (93g)	1	20	0	0	0	0	5	2	2	2
Asparagus	Any	Produce	4 spears (60g)	0.5	12	0	0	0	8	3	2	1	1
Baby Carrots	Any	Produce	3 oz (85g)	1.5	35	0	0	0	45	9	2	6	1
Baby Carrots	Any	Produce	4 oz (113g)	2	47	0	0	0	60	12	3	8	1
Broccoli	Any	Produce	1 cup chopped (88g)	1	30	0	0	0	29	6	3	2	3
Broccoli	Any	Produce	1-1/4 cups (110g)	1.5	38	0	0	0	36	7	3	2	3
Brussel Sprouts	Any	Produce	1 cup (88g)	1.5	38	0	0	0	22	8	3	2	3
Carrot Sticks	Any	Produce	4.5 oz (128g)	2	52	0	0	0	88	12	4	6	1
Carrot Sticks	Any	Produce	2.3 oz (64g)	1	26	0	0	0	44	6	2	3	1
Celery Sticks	Dole	Produce	2 medium stalks (110g)	1	20	0	0	0	90	5	2	2	1
Romaine	Any	Produce	2 cups	0.5	15	0	0	0	10	3	2	1	1
Whole Mushrooms	Kroger Whole White Mushrooms	Produce	5 mushroom (85g)	1	20	0	0	0	15	3	1	0	3
Whole Mushrooms	Kroger Whole White Mushrooms	Produce	10 mushroom (170g)	1.5	40	0	0	0	30	6	2	0	6
Yellow Squash	Any	Produce	2/3 cup sliced (83g)	0.5	15	0	0	0	0	3	1	1	1
Yellow Squash	Any	Produce	1-1/3 cup (166g)	1	30	0	0	0	0	6	2	2	2
Zucchini	Any	Produce	1-1/2 cups sliced (170g)	1	28	0	0	0	14	6	2	4	2
Zucchini	Any	Produce	3/4 cup (85g)	0.5	14	0	0	0	7	3	1	2	1

Last update: 12/13/21