Energy Effects

We have analyzed this proposed rule under Executive Order 13211, Actions Concerning Regulations That Significantly Affect Energy Supply, Distribution, or Use. We have determined that this is not classified as a ''significant energy action'' under that order because it is a ''significant regulatory action'' under Executive Order 12866 and it would not have a significant adverse effect on the supply, distribution, or use of energy.

Environment

The proposed rule would have no significant impact on the environment.

PART 256—[REMOVED AND RESERVED]

1. Accordingly the Department proposes to remove 14 CFR art 256 and reserve art 256.

Issued in Washington, DC, on March 27, 2005.

Norman Y. Mineta,

Secretary of Transportation.

[FR Doc. 05–6650 Filed 4–1–05; 8:45 am]

BILLING CODE 4910–62–P

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Food and Drug Administration

21 CFR Part 101

[Docket No. 2001N–0548] (formerly Docket No. 01N–0548)

Food Labeling; Guidelines for Voluntary Nutrition Labeling of Raw Fruits, Vegetables, and Fish; Identification of the 20 Most Frequently Consumed Raw Fruits, Vegetables, and Fish; Reopening of the Comment Period

AGENCY: Food and Drug Administration, HHS.

ACTION: Proposed rule; reopening of the comment period.

SUMMARY: The Food and Drug Administration (FDA) is reopening until June 3, 2005, the comment period for a proposed rule published in the **Federal Register** of March 20, 2002. In that document, FDA proposed to amend its voluntary nutrition labeling regulations by updating the names and nutrition labeling values for the 20 most frequently consumed raw fruits, vegetables, and fish in the United States. Since publication of the proposed rule, the agency has received new data in comments that it intends to use to further update the nutrition labeling values. The agency also intends to use additional data from the U.S. Department of Agriculture (USDA) for certain nutrients in raw produce. Those data became available after the close of the comment period. FDA is reopening the comment period to allow all interested parties the opportunity to review its tentative nutrition labeling values based upon data FDA received within and after the comment period, and to comment on the additional nutrient data for some of the 20 most frequently consumed raw fruits, vegetables, and fish. FDA will evaluate any new data submissions during this reopened comment period and will consider use of those data in a final rule.

DATES: Submit written or electronic comments by June 3, 2005.

ADDRESSES: You may submit comments, identified by Docket No. 2001N–0548, by any of the following methods:

- Federal eRulemaking Portal: *http://www.regulations.gov*. Follow the instructions for submitting comments.
- Agency Web site: *http://www.fda.gov/dockets/ecomments*. Follow the instructions for submitting comments on the agency Web site.
- E-mail: *fdadockets@oc.fda.gov*. Include Docket No. 2001N–0548 in the subject line of your e-mail message.
- FAX: 301–827–6870.
- Mail/hand delivery/courier [for paper, disk, or CD–ROM submissions]: Division of Dockets Management (HFA–305), 5630 Fishers Lane, rm. 1061, Rockville, MD 20852.

Instructions: All submissions received must include the agency name and docket number or regulatory information number for this rulemaking. All comments received will be posted without change to *http://www.fda.gov/ohrms/dockets/default.htm*, including any personal information provided. For detailed instructions on submitting comments and additional information on the rulemaking process, see the ''Comments'' heading of the **SUPPLEMENTARY INFORMATION** section of this document.

Docket: For access to the docket to read background documents or comments received, go to *http://www.fda.gov/ohrms/dockets/default.htm* and insert the relevant docket number, 01N–0548, into the ''Search'' box and follow the prompts and/or go to the Division of Dockets Management, 5630 Fishers Lane, rm. 1061, Rockville, MD 20852.

FOR FURTHER INFORMATION CONTACT: Mary Brandt, Center for Food Safety and Applied Nutrition (HFS–840), Food and Drug Administration, 5100 Paint Branch Pkwy., College Park, MD 20740, 301–436–1788.

SUPPLEMENTARY INFORMATION:

I. Background

In the **Federal Register** of March 20, 2002 (67 FR 12918) (the proposed rule), FDA proposed to amend its voluntary nutrition labeling regulations by updating the names and nutrition labeling values for the 20 most frequently consumed raw fruits, vegetables, and fish in the United States based upon new data submitted or made available to the agency. In that document, we requested comments on the proposal by June 3, 2002. In the **Federal Register** of June 6, 2002 (67 FR 38913), we corrected the proposed rule that published with an incorrect docket number (i.e., Docket No. 01N–0458) and provided additional time to submit comments, until August 20, 2002.

In a comment to the proposed rule, USDA submitted nutrient data from its 2001–2002 nationwide sampling of fruits and vegetables (see *http://www.fda.gov/ohrms/dockets/dailys/02/Aug02/080602/01n-0548-c000006-vol1.pdf*). USDA provided data for 16 of the 20 most frequently consumed fruits: Apple, avocado (California), banana, cantaloupe, grapefruit, honeydew melon, kiwifruit, nectarine, orange, peach, pear, pineapple, plums, strawberries, sweet cherries, and watermelon; and 12 of the top 20 vegetables: Bell pepper, broccoli, carrot, celery, cucumber, iceberg lettuce, leaf lettuce, onion, potato, radish, sweet potato, and tomato. At the time USDA submitted the comment, the data results for vitamin C, sodium, and potassium were not yet available, and the analysis of carotenoids for carrots, sweet potatoes, cucumbers, onions, and sweet peppers had not been completed. In June and July of 2003, after the close of the comment period, USDA provided sodium, potassium, and some carotenoid values that it did not submit earlier (Ref. 1). It also submitted vitamin C values for pineapple.

In other comments to the proposed rule, the Citrus Research Board and Food Research, Inc., provided nutrient data from 1998 for oranges, grapefruit, tangerines (Mandarin oranges), and lemons (see *http://www.fda.gov/ohrms/dockets/dailys/02/Aug02/081602/8001f4e1.pdf*, *http://www.fda.gov/ohrms/dockets/dailys/02/Aug02/082902/01N-0548-cr00001-01-vol1.htm*, and *http://www.fda.gov/ohrms/dockets/dailys/02/Aug02/082902/8002574a.doc*).

Two comments recommended that Chinook salmon be included with the revised species of fish (see *http://*

www.fda.gov/ohrms/dockets/dailys/02/Aug02/082102/800222f0.pdf and *http://www.fda.gov/ohrms/dockets/dailys/02/Aug02/082202/8002239d.pdf*). One comment noted that according to nutrient data from the USDA Nutrient Database for Standard Reference, the nutrient profile of Chinook salmon is most similar to the proposed category and values for Atlantic, Coho, and Sockeye salmon (Ref. 2).

Based upon data received during the comment period and USDA data received after the comment period, we have calculated updated nutrition labeling values for some of the 20 most frequently consumed raw fruits, vegetables, and fish. FDA is now reopening the comment period to allow the raw produce and fish industries and other interested parties the opportunity to review and react to updated nutrition labeling values based upon data FDA received within and after the comment period. Reopening the comment period may also provide an impetus for completion of additional nutrient analyses. We will evaluate any new data submissions received during this reopened comment period and will consider use of those data in a final rule.

II. Updating the Nutrition Labeling Values

We are reopening the comment period to revise the nutrition labeling values of the 20 most frequently consumed raw fruits, vegetables, and fish, which are included in appendices C and D to part 101. The proposed appendices C and D that we are publishing in this document include the updated values described in tables 1 and 2 of this document. As noted in the proposed rule, the agency believes that the values in proposed appendices C and D could be used on an interim basis prior to completion of the rulemaking, provided that the nutrition information is presented in a manner consistent with this document. However, firms should be aware that values included in a final rule may differ and would need to be changed.

Reference 3 provides complete documentation of the derivation of each nutrition labeling value for the 20 most frequently consumed raw fruits, vegetables, and fish.

A. FDA Analysis of the Data

1. Outlier Screening

Originally, for the proposed rule, we completed outlier screening of the data using the Grubbs outlier screening method to determine influential observations in the distributions of data for each nutrient and food. However, based upon comments received in response to the proposed rule and discussion of outliers in the statistical literature, we have determined not to conduct Grubbs outlier screening on the nutrient data for raw produce and fish.

In developing the nutrient values in the proposed rule, we took a conservative approach to outliers and deleted those data points identified through outlier screening.

There were several comments in response to the proposed rule that addressed outlier screening. Comments questioned the validity of using Grubbs outlier screening for fruits and recommended the use of visual scattergrams and bar graphs. Another comment questioned the removal of outliers.

The National Institute of Standards and Technology (NIST) *e-Handbook of Statistical Methods* states that the Grubbs test is based on the assumption of normality and should only be used with data that are normally distributed (Ref. 4). NIST also recommends that the test should not be used for sample sizes of six or less since it frequently tags most of the points as outliers. Many of the nutrient levels in the voluntary nutrition labeling program are based on small sample sizes because that is all the data that are available to FDA. Small sample sizes simply do not contain enough information to make inferences about the shape of the distribution in the entire population (Ref. 5).

Therefore, based on the information in the previous paragraphs, we have decided not to conduct Grubbs outlier screening on the nutrient data.

B. Changes in Nutrition Labeling Values for Raw Fruits and Vegetables

The following is a summary of tentative changes from the nutrition labeling values in the proposed rule for some of the 20 most frequently consumed raw fruits and vegetables. FDA derived the updated values from the raw data provided by USDA and the Citrus Research Board during the comment period, as well as existing data. We also considered data for sodium, potassium, carotenoids, and vitamin C that USDA submitted after the comment period. Other changes were related to discontinuance of outlier screening. As explained in the proposed rule, when possible, FDA used compliance calculations based on 95 percent intervals to derive nutrition labeling values.

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Apple (154 grams (g))				
Potassium	170 milligrams (mg)	5%	160 mg	5%
Total carbohydrate	22 g	7%	21 g	7%
Dietary fiber	5 g	20%	3 g	12%
Iron		2%		0%
Avocado (30 g)				
Total fat	6 g	9%	5 g	8%
Saturated fat	0.5 g	3%	1 g	5%
Potassium	160 mg	5%	140 mg	4%

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Banana (126 g)				
Sodium	0 mg	0%	5 mg	0%
Potassium	400 mg	11%	450 mg	13%
Total carbohydrate	29 g	10%	30 g	10%
Dietary fiber	4 g	16%	2 g	8%
Sugars	21 g		19 g	
Cantaloupe (134 g)				
Sodium	25 mg	1%	20 mg	1%
Potassium	280 mg	8%	240 mg	7%
Total carbohydrate	13 g	4%	12 g	4%
Sugars	12 g		11 g	
Vitamin A		100%		120%
Calcium		2%		0%
Grapefruit (154 g)				
Potassium	230 mg	7%	160 mg	5%
Total carbohydrate	16 g	5%	15 g	5%
Dietary fiber	6 g	24%	2 g	8%
Sugars	10 g		11 g	
Vitamin A		15%		35%
Vitamin C		110%		100%
Calcium		2%		4%
Honeydew melon (134 g)				
Sodium	35 mg	1%	30 mg	1%
Potassium	310 mg	9%	210 mg	6%
Total carbohydrate	13 g	4%	12 g	4%
Sugars	12 g		11 g	
Kiwifruit (148 g)				
Calories	100		90	
Total fat	1 g	2%	1.5 g	2%
Potassium	480 mg	14%	450 mg	13%
Total carbohydrate	24 g	8%	20 g	7%
Sugars	16 g		13 g	
Protein	2 g		1 g	
Calcium		6%		4%
Iron		4%		2%

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Lemon (58 g)				
Sodium	5 mg	0%	0 mg	0%
Potassium	90 mg	3%	75 mg	2%
Sugars	1 g		2 g	
Nectarine (140 g)				
Calories	70		60	
Calories from fat	0		5	
Total fat	0 g	0%	0.5 g	1%
Potassium	290 mg	8%	250 mg	7%
Total carbohydrate	17 g	6%	15 g	5%
Sugars	13 g		11 g	
Orange (154 g)				
Potassium	260 mg	7%	250 mg	7%
Total carbohydrate	21 g	7%	19 g	6%
Dietary fiber	7 g	28%	3 g	12%
Vitamin A		2%		0%
Iron		2%		0%
Peach (147 g)				
Calories	70		60	
Total fat	0 g	0%	0.5 g	1%
Potassium	260 mg	7%	230 mg	7%
Total carbohydrate	18 g	6%	15 g	5%
Sugars	14 g		13 g	
Vitamin A		8%		6%
Pear (166 g)				
Calories from fat	10		0	
Total fat	1 g	2%	0 g	0%
Potassium	210 mg	6%	180 mg	5%
Sugars	17 g		16 g	
Protein	1 g		0 g	
Calcium		2%		0%
Pineapple (112 g)				
Calories	60		50	
Potassium	115 mg	3%	120 mg	3%
Total carbohydrate	16 g	5%	13 g	4%

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Sugars	13 g		10 g	
Vitamin A		0%		2%
Vitamin C		25%		50%
Iron		2%		0%
Plums (151 g)				
Calories	80		70	
Potassium	250 mg	7%	230 g	7%
Total carbohydrate	21 g	7%	19 g	6%
Dietary fiber	2 g	8%	1 g	4%
Sugars	13 g		16 g	
Iron		2%		0%
Strawberries (147 g)				
Potassium	270 mg	8%	170 mg	5%
Total carbohydrate	12 g	4%	11 g	4%
Dietary fiber	4 g	16%	2 g	8%
Sugars	8 g		6 g	
Calcium		2%		0%
Iron		4%		0%
Sweet cherries (140 g)				
Calories	90		100	
Potassium	300 mg	9%	350 mg	10%
Total carbohydrate	23 g	8%	26 g	9%
Dietary fiber	3 g	12%	1 g	4%
Sugars	20 g		16 g	
Protein	2 g		1 g	
Tangerine (109 g)				
Calories from fat	5		0	
Total fat	0.5 g	1%	0 g	0%
Sodium	0 g	0%	5 mg	0%
Potassium	180 mg	5%	160 mg	5%
Dietary fiber	3 g	12%	2 g	8%
Sugars	8 g		9 g	
Vitamin A		0%		6%
Vitamin C		50%		45%
Watermelon (280 g)				

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Calories	100		80	
Sodium	10 mg	0%	0 mg	0%
Potassium	230 mg	7%	270 mg	8%
Total carbohydrate	27 g	9%	21 g	7%
Dietary fiber	2 g	8%	1 g	4%
Sugars	25 g		20 g	
Vitamin A		20%		30%
Bell pepper (148 g)				
Calories	30		25	
Sodium	0 mg	0%	40 mg	2%
Potassium	270 mg	8%	220 mg	6%
Total carbohydrate	7 g	2%	6 g	2%
Vitamin A		8%		4%
Iron		2%		4%
Broccoli (148 g)				
Sodium	55 mg	2%	80 mg	3%
Potassium	540 mg	15%	460 mg	13%
Total carbohydrate	8 g	3%	10 g	3%
Dietary fiber	5 g	20%	3 g	12%
Sugars	3 g		2 g	
Protein	5 g		2 g	
Vitamin A		15%		6%
Iron		6%		4%
Carrot (78 g)				
Calories	35		30	
Sodium	40 mg	2%	60 mg	3%
Potassium	280 mg	8%	250 mg	7%
Total carbohydrate	8 g	3%	7 g	2%
Vitamin A		270%		110%
Celery (110 g)				
Calories	20		15	
Sodium	100 mg	4%	115 mg	5%
Potassium	350 mg	10%	260 mg	7%
Total carbohydrate	5 g	2%	4 g	1%
Dietary fiber	2 g	8%	1 g	4%

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Sugars	1 g		2 g	
Protein	1 g		0 g	
Vitamin A		2%		10%
Cucumber (99 g)				
Potassium	170 mg	5%	140 mg	4%
Protein	1 g		0 g	
Iceberg lettuce (89 g)				
Calories	15		10	
Potassium	120 mg	3%	125 mg	4%
Total carbohydrate	3 g	1%	2 g	1%
Vitamin A		4%		6%
Leaf lettuce (85 g)				
Sodium	30 mg	1%	35 mg	1%
Potassium	230 mg	7%	170 mg	5%
Total carbohydrate	4 g	1%	2 g	1%
Dietary fiber	2 g	8%	1 g	4%
Sugars	2 g		1 g	
Vitamin A		40%		130%
Iron		0%		4%
Onion (148 g)				
Calories	60		45	
Potassium	240 mg	7%	160 mg	5%
Total carbohydrate	14 g	5%	11 g	4%
Protein	2 g		1 g	
Calcium		4%		2%
Iron		2%		4%
Potato (148 g)				
Calories	40		110	
Sodium	10 mg	0%	0 mg	0%
Potassium	650 mg	19%	620 mg	18%
Total carbohydrate	7 g	2%	26 g	9%
Dietary fiber	4 g	16%	2 g	8%
Sugars	2 g		1 g	
Vitamin C		40%		45%
Iron		8%		6%

TABLE 1.—PROPOSED CHANGES TO THE NUTRITION LABELING INFORMATION FOR RAW FRUITS AND VEGETABLES—Continued

Food and Nutrient	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Radishes (85 g)				
Calories	15		10	
Sodium	25 mg	1%	55 mg	2%
Potassium	230 mg	7%	160 mg	5%
Dietary fiber	0 g	0%	1 g	4%
Protein	1 g		0 g	
Iron		0%		2%
Sweet potato (130 g)				
Calories	140		100	
Sodium	45 mg	2%	70 mg	3%
Potassium	340 mg	10%	440 mg	13%
Total carbohydrate	32 g	11%	23 g	8%
Vitamin A		440%		120%
Calcium		2%		4%
Tomato (148 g)				
Calories	35		25	
Calories from fat	5		0	
Total fat	0.5 g	1%	0 g	0%
Sodium	5 mg	0%	35 mg	1%
Potassium	360 mg	10%	340 mg	10%
Total carbohydrate	7 g	2%	5 g	2%
Sugars	4 g		3 g	
Iron		2%		4%

C. Changes in Nutrition Labeling Values for Raw Fish

The following is a summary of tentative changes from the nutrition labeling values in the proposed rule for some of the 20 most frequently consumed raw fish. Changes were related to discontinuance of outlier screening and to inclusion of raw Chinook salmon with Atlantic, Coho, and Sockeye salmon. FDA derived values for fish using data from the USDA National Nutrient Databank (Ref. 6). When possible, FDA used compliance calculations based on 95 percent intervals to derive nutrition labeling values. When raw data were unavailable, FDA used data from the newest version of USDA Nutrient Database for Standard Reference, Release 17 (Ref. 2).

TABLE 2.—PROPOSED CHANGES TO THE NUTRITION LABELING FOR COOKED FISH

Food and Nutrient (per 84 grams (g)/3 ounces)	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Cod				
Sodium	55 milligrams (mg)	2%	65 mg	3%
Flounder/sole				

TABLE 2.—PROPOSED CHANGES TO THE NUTRITION LABELING FOR COOKED FISH—Continued

Food and Nutrient (per 84 grams (g)/3 ounces)	2002 Proposed Values		Reopening Comment Period Proposed Values	
		% DV		% DV
Potassium	400 mg	11%	390 mg	11%
Calcium		0%		2%
Haddock				
Sodium	75 mg	3%	85 mg	4%
Halibut				
Cholesterol	35 mg	12%	40 mg	13%
Calcium		4%		2%
Ocean perch				
Cholesterol	50 mg	17%	45 mg	15%
Iron		6%		4%
Pollock				
Calories	100		90	
Rockfish				
Calories	100		110	
Total fat	1.5 g	2%	2 g	3%
Salmon, Atlantic/Coho/Sockeye—Chinook added in update				
Calories	190		200	
Cholesterol	65 mg	22%	70 mg	23%
Sodium	65 mg	3%	55 mg	2%
Potassium	320 mg	9%	430 mg	12%
Vitamin A		2%		4%
Vitamin C		2%		4%
Salmon, chum/pink				
Calories from fat	35		40	
Scallops				
Cholesterol	60 mg	20%	65 mg	22%
Vitamin C		6%		0%
Iron		2%		14%
Shrimp				
Sodium	250 mg	10%	240 mg	10%
Iron		6%		10%

II. Comments

Interested persons may submit to the Division of Dockets Management (see **ADDRESSES**) written or electronic comments regarding this document. Submit a single copy of electronic comments or two paper copies of any mailed comments, except that individuals may submit one paper copy. Identify comments with the docket number found in brackets in the heading of this document. Received comments may be seen in the Division of Dockets Management between 9 a.m. and 4 p.m., Monday through Friday.

III. References

The following references have been placed on display in the Division of Dockets Management (see **ADDRESSES**) and may be seen between 9 a.m. and 4 p.m., Monday through Friday. (FDA has verified the Web site addresses but is not responsible for subsequent changes to the Web sites after this document publishes in the **Federal Register**.)

1. Brandt, M.M., memo to the file: Nutrient data from U.S. Department of Agriculture received after close of comment period, Center for Food Safety and Applied Nutrition, FDA, February 2005.

2. U.S. Department of Agriculture, Agricultural Research Service, USDA Nutrient Database for Standard Reference, Release 17, 2004. Available on the Internet at USDA's Nutrient Data Laboratory home page, *http://www.nal.usda.gov/fnic/foodcomp/*.

3. LeGault, L.A. and M.M. Brandt, ''Documentation for the Nutrition Labeling Values for the 20 Most Frequently Consumed Raw Fruits, Vegetables, and Fish,'' Center for Food Safety and Applied Nutrition, FDA, November 2004.

4. *NIST/SEMATECH e-Handbook of Statistical Methods*, *http://www.itl.nist.gov/div898/handbook/index.htm* and *http://www.itl.nist.gov/div898/handbook/eda/section3/eda35h.htm*. Accessed January 3, 2005.

5. The Prism Guide to Interpreting Statistical Results, excerpted from *Analyzing Data With GraphPad Prism*, *http://www.graphpad.com/articles/interpret/Analyzing_two_groups/choos_anal_comp_two.htm*. Accessed March 21, 2005.

6. U.S. Department of Agriculture, National Nutrient Data Bank, maintained at the Nutrient Data Laboratory, Agricultural Research Service, Beltsville Human Nutrition Research Center, Beltsville, MD.

BILLING CODE 4160–01–S

Appendix C to Part 101.–Nutrition Facts for Raw Fruits and Vegetables

Nutrition facts [1] for raw fruits and vegetables edible portion	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	(%)	(g)	(%)	(g)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)	(g)	(g)	(%)	(%)	(%)	(%)
Apple, 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	0	0	0	0	0	160	5	21	7	3	12	16	0	2	8	0	0
Avocado, California, 1/5 medium (30g/ 1.1 oz)	50	45	5	8	1	5	0	0	0	0	0	140	4	2	1	1	4	0	1	0	4	0	0
Banana, 1 medium (126 g/4.5 oz)	110	0	0	0	0	0	0	0	0	5	0	450	13	30	10	2	8	19	1	0	15	0	2
Cantaloupe, 1/4 medium (134g/4.8 oz)	50	0	0	0	0	0	0	0	0	20	1	240	7	12	4	1	4	11	1	120	80	0	2
Grapefruit, 1/2 medium (154g/5.5 oz)	60	0	0	0	0	0	0	0	0	0	0	160	5	15	5	2	8	11	1	35	100	4	0
Grapes, 3/4 cup (126 g/4.5 oz)	90	0	0	0	0	0	0	0	0	15	1	240	7	23	8	1	4	20	0	0	2	2	0
Honeydew Melon, 1/10 medium melon (134 g/4.8 oz)	50	0	0	0	0	0	0	0	0	30	1	210	6	12	4	1	4	11	1	2	45	0	2
Kiwi fruit, 2 medium (148 g/5.3oz)	90	10	1.5	2	0	0	0	0	0	0	0	450	13	20	7	4	16	13	1	2	240	4	2
Lemon, 1 medium (58 g/2.1 oz)	15	0	0	0	0	0	0	0	0	0	0	75	2	5	2	1	4	2	0	0	40	2	0
Lime, 1 medium (67 g/2.4 oz)	20	0	0	0	0	0	0	0	0	0	0	75	2	7	2	2	8	0	0	0	35	0	0
Nectarine, 1 medium (140 g/5.0 oz)	60	5	0.5	1	0	0	0	0	0	0	0	250	7	15	5	1	4	11	1	8	15	0	2
Orange, 1 medium (154 g/5.5 oz)	80	0	0	0	0	0	0	0	0	0	0	250	7	19	6	3	12	14	1	0	130	6	0
Peach, 1 medium (147 g/5.3 oz)	60	0	0.5	1	0	0	0	0	0	0	0	230	7	15	5	2	8	13	1	6	15	0	2
Pear, 1 medium (166 g/5.9 oz)	100	0	0	0	0	0	0	0	0	0	0	180	5	25	8	4	16	16	0	0	10	0	0
Pineapple, 2 slices, 3" diameter, 3/4" thick (112 g/4 oz)	50	0	0	0	0	0	0	0	0	10	0	120	3	13	4	1	4	10	1	2	50	2	0
Plums, 2 medium (151 g/5.4 oz)	70	0	0	0	0	0	0	0	0	0	0	230	7	19	6	1	4	16	1	8	10	0	0
Strawberries, 8 medium (147g/5.3 oz)	50	0	0	0	0	0	0	0	0	0	0	170	5	11	4	2	8	6	1	0	160	0	0
Sweet cherries, 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0	0	0	0	0	0	0	0	0	350	10	26	9	1	4	16	1	2	15	2	2
Tangerine, 1 medium (109 g/3.9 oz)	50	0	0	0	0	0	0	0	0	5	0	160	5	13	4	2	8	9	1	6	45	4	0
Watermelon, 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0	0	0	0	0	0	0	0	0	270	8	21	7	1	4	20	1	30	25	2	4

Appendix C to Part 101.–Nutrition Facts for Raw Fruits and Vegetables-Continued

Nutrition facts [1] for raw fruits and vegetables edible portion	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	(%)	(g)	(%)	(g)	(mg)	(%)	(mg)	(%)	(mg)	(%)	(g)	(%)	(g)	(%)	(g)	(g)	(%)	(%)	(%)	(%)
Asparagus, 5 spears (93 g/3.3 oz)	20	0	0	0	0	0	0	0	0	0	0	230	7	4	1	2	8	2	2	10	15	2	2
Bell pepper, 1 medium (148 g/5.3 oz)	25	0	0	0	0	0	0	0	0	40	2	220	6	6	2	2	8	4	1	4	190	2	4
Broccoli, 1 medium stalk (148 g/5.3 oz)	45	0	0.5	1	0	0	0	0	0	80	3	460	13	10	3	3	12	2	2	6	220	6	4
Carrot, 1 carrot, 7" long, 1 1/4" diameter (78 g/2.8 oz)	30	0	0	0	0	0	0	0	0	60	3	250	7	7	2	2	8	5	1	110	10	2	0
Cauliflower, 1/6 medium head (99 g/ 3.5 oz)	25	0	0	0	0	0	0	0	0	30	1	270	8	5	2	2	8	2	2	0	100	2	2
Celery, 2 medium stalks (110 g/3.9 oz)	15	0	0	0	0	0	0	0	0	115	5	260	7	4	1	1	4	2	0	10	15	4	2
Cucumber, 1/3 medium (99 g/3.5 oz)	15	0	0	0	0	0	0	0	0	0	0	140	4	3	1	1	4	2	0	4	10	2	2
Green (snap) beans, 3/4 cup cut (83 g/ 3.0 oz)	20	0	0	0	0	0	0	0	0	0	0	200	6	5	2	3	12	2	1	4	10	4	2
Green cabbage, 1/12 medium head (84 g/3.0 oz)	25	0	0	0	0	0	0	0	0	20	1	190	5	5	2	2	8	3	1	0	70	4	2
Green onion, 1/4 cup chopped (25 g/ 0.9 oz)	10	0	0	0	0	0	0	0	0	10	0	70	2	2	1	1	4	1	0	2	8	2	0
Iceberg lettuce, 1/6 medium head (89 g/ 3.2 oz)	10	0	0	0	0	0	0	0	0	10	0	125	4	2	1	1	4	2	1	6	6	2	2
Leaf lettuce, 1 1/2 cups shredded (85 g/ 3.0 oz)	15	0	0	0	0	0	0	0	0	35	1	170	5	2	1	1	4	1	1	130	6	4	4
Mushrooms, 5 medium (84 g/3.0 oz)	20	0	0	0	0	0	0	0	0	0	0	300	9	3	1	1	4	0	3	0	2	0	2
Onion, 1 medium (148 g/5.3 oz)	45	0	0	0	0	0	0	0	0	5	0	160	5	11	4	3	12	9	1	0	20	2	4
Potato, 1 medium (148 g/5.3 oz)	110	0	0	0	0	0	0	0	0	0	0	620	18	26	9	2	8	1	3	0	45	2	6
Radishes, 7 radishes (85 g/3.0 oz)	10	0	0	0	0	0	0	0	0	55	2	160	5	3	1	1	4	2	0	0	30	2	2
Summer squash, 1/2 medium (98 g/ 3.5oz)	20	0	0	0	0	0	0	0	0	0	0	260	7	4	1	2	8	2	1	6	30	2	2
Sweet corn, kernels from 1 medium ear (90g/ 3.2 oz)	90	20	2.5	4	0	0	0	0	0	0	0	250	7	18	6	2	8	5	4	2	10	0	2
Sweet Potato, 1 medium, 5" long, 2"diameter (130 g/ 4.6 oz)	100	0	0	0	0	0	0	0	0	70	3	440	13	23	8	4	16	7	2	120	30	4	4
Tomato, 1 medium (148 g/5.3 oz)	25	0	0	0	0	0	0	0	0	35	1	340	10	5	2	1	4	3	1	20	40	2	4

[1] Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Appendix D to Part 101.–Nutrition Facts for Cooked Fish

Nutrition facts [1] fish (84 g/3 oz)	Calories	Calories from fat	Total Fat		Saturated Fat		Trans Fat	Cholesterol		Sodium		Potassium		Total Carbohydrate		Dietary Fiber		Sugars	Protein	Vitamin A	Vitamin C	Calcium	Iron
			(g)	%DV	(g)	%DV	(g)	(mg)	%	(mg)	%	(mg)	%	(g)	%	(g)	%	(g)	(g)	%	%	%	%
Blue crab	100	10	1	2	0	0	0	95	32	330	14	300	9	0	0	0	0	0	20	0	4	10	4
Catfish	130	60	6	9	2	10	0	50	17	40	2	230	7	0	0	0	0	0	17	0	0	0	0
Clams, about 12 small	110	15	1.5	2	0	0	0	80	27	95	4	470	13	6	2	0	0	0	17	10	0	8	30
Cod	90	5	1	2	0	0	0	50	17	65	3	460	13	0	0	0	0	0	20	0	2	2	2
Flounder/sole	100	15	1.5	2	0	0	0	55	18	100	4	390	11	0	0	0	0	0	19	0	0	2	0
Haddock	100	10	1	2	0	0	0	70	23	85	4	340	10	0	0	0	0	0	21	2	0	2	6
Halibut	120	15	2	3	0	0	0	40	13	60	3	500	14	0	0	0	0	0	23	4	0	2	6
Lobster	80	0	0.5	1	0	0	0	60	20	320	13	300	9	1	0	0	0	0	17	2	0	6	2
Ocean perch	110	20	2	3	0.5	3	0	45	15	95	4	290	8	0	0	0	0	0	21	0	2	10	4
Orange roughy	80	5	1	2	0	0	0	20	7	70	3	340	10	0	0	0	0	0	16	2	0	4	2
Oysters, about 12 medium	100	35	4	6	1	5	0	80	27	300	13	220	6	6	2	0	0	0	10	0	6	6	45
Pollock	90	10	1	2	0	0	0	80	27	110	5	370	11	0	0	0	0	0	20	2	0	0	2
Rainbow trout	140	50	6	9	2	10	0	55	18	35	1	370	11	0	0	0	0	0	20	4	4	8	2
Rockfish	110	15	2	3	0	0	0	40	13	70	3	440	13	0	0	0	0	0	21	4	0	2	2
Salmon, Atlantic/Coho/Sockeye/Chinook	200	90	10	15	2	10	0	70	23	55	2	430	12	0	0	0	0	0	24	4	4	2	2
Salmon, Chum/Pink	130	40	4	6	1	5	0	70	23	65	3	420	12	0	0	0	0	0	22	2	0	2	4
Scallops, about 6 large or 14 small	140	10	1	2	0	0	0	65	22	310	13	430	12	5	2	0	0	0	27	2	0	4	14
Shrimp	100	10	1.5	2	0	0	0	170	57	240	10	220	6	0	0	0	0	0	21	4	4	6	10
Swordfish	120	50	6	9	1.5	8	0	40	13	100	4	310	9	0	0	0	0	0	16	2	2	0	6
Tilapia	110	20	2.5	4	1	5	0	75	25	30	1	360	10	0	0	0	0	0	22	0	2	0	2
Tuna	130	15	1.5	2	0	0	0	50	17	40	2	480	14	0	0	0	0	0	26	2	2	2	4

[1] Cooked, edible weight portion. Percent Daily Values (%) are based on a 2,000 calorie diet.

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Jeffrey Shuren,

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