



Per 100g		Energy (kJ)	Protein (g)	Fat Total (g)	Fat Saturated (g)	Fat Monounsaturated (g)	Fat Polyunsaturated (g)	Carbohydrate Total (g)	Carbohydrate Sugars (g)	Dietary Fibre (g)	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Calcium (mg)	Iron (mg)	Zinc (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)	Folate (mg)	Vitamin B6 (mg)	Vitamin A, RAE (mcg)	Vitamin E (mg)
	Dried Apple	1017	0.93	0.32	0.05	0.01	0.09	65.89	57.19	8.7	87	450	16	14	1.4	0.2	0	0.15	0.92	3.9	0	0.12	0	0.53
	Dried Apricots	1009	3.39	0.51	0.01	0.07	0.07	62.64	53.44	7.3	10	1162	32	55	2.66	0.39	0.01	0.07	2.58	1.0	10	0.14	180	4.33
	Banana Chips	2170	2.3	33.6	28.97	1.95	0.63	58.4	35.34	7.7	6	536	76	18	1.25	0.75	0.08	0.01	0.71	6.3	14	0.26	4	0.24
	Sweetened Dried Cranberries	1289	0.07	1.37	0.10	0.19	0.65	82.36	65	5.7	3	40	5	10	0.53	0.11	0	0.01	0.99	0.2	0	0.03	0	1.07
	Dates	1178	2.45	0.39	0.03	0.03	0.01	75.03	63.35	8	2	656	43	39	1.02	0.29	0.05	0.06	1.27	0.4	19	0.16	0	0.05
	Dried Peaches	1360	4.89	1.03	0.11	0.37	0.49	83.18	na	na	10	1351	57	38	5.51	0.78	0.03	0.11	4.82	10.6	7	0.15	71	0
	Dried Pear	1096	1.87	0.63	0.03	0.13	0.14	69.7	62.2	7.5	6	533	33	34	2.1	0.39	0	0.14	1.37	7	0	0.07	3	0.06
	Prunes	1006	2.18	0.38	0.08	0.05	0.06	63.9	38.13	7.1	2	732	41	43	0.93	0.44	0.05	0.18	1.88	0.6	4	0.20	39	0.43
	Raisins	1252	3.07	0.46	0.05	0.05	0.03	79.18	59.19	3.7	11	749	32	50	1.8	0.22	0.10	0.12	0.76	2.3	5	0.17	0	0.12
	*Sultanas	1370	2.8	0.4	0	0	0	75	73.2	4.4	36	910	37	56	2	na	0.2	na	0.5	0	na	na	na	na

^values are approximate and may vary due to seasonal fluctuations

**Sources:**

USDA Food and Nutrient Database for Dietary Studies, 4.1. 2010. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group.

\*Food Standards Australia New Zealand (FSANZ) NUTTAB 2006

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