

# Foods Product Information Sheet

## Banana, Fresh

### NUTRITION FACTS

Serving size: 1/2c

#### Amount Per Serving

**Calories** 110

**Total Fat** 0g

Saturated Fat 0g

**Sodium** 1mg

Source: Adapted from Approved Vendor Labels

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One 1/2 cup Banana provides 1/2 cup Fruit for the Child Nutrition Meal Pattern Requirements.

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