

Fruit

The natural sugars in fruit that make it so delicious increase the carbs, but compared to sugar-laden desserts, fruit—in moderation—is a great alternative. Berries are among the lowest in carbs, partially because they are not as sweet as most other fruits, and also because they are high in fiber. As you can see from the carb counts below, it's a good idea to steer clear of dried fruit, which concentrates the natural sugars.

	Amount	Net Carbs
Acerola	1/2 C	3.2
Apples		
Cameo	1/2 med	8.5
Chips ¹	1 oz	18.1
Dried Rings, Sulfured ¹	5 ea	18.3
Freeze-Dried	1 oz	23.0
Fuji	1/2 med	7.9
Gala	1/2 med	7.9
Golden Delicious	1/2 med	7.9
Granny Smith	1/2 med	7.9

¹May contain added sugar ²Contains added sugar

	Amount	Net Carbs
Honeycrisp	1/2 med	7.9
Red Delicious	1/2 med	7.9
Sauce, sweetened ²	1/2 C	23.8
Sauce	1/2 C	12.4
Apricots		
Canned		
In Heavy Syrup ²	3 halves	23.8
In Juice	3 halves	11.6
Dried	6 halves	11.6
Fresh	3 med	9.6
Avocado (See page 54)		
Bananas		
Chips	1 oz	14.4
Freeze-Dried	1 oz	23.0
Fresh	1 sm	20.4
Blackberries		
Canned in Heavy Syrup ²	1/2 C	25.2
Fresh	1/2 C	3.3
Frozen	1/2 C	8.1
Frozen, sweetened ²	1/2 C	10.3
Blueberries		
Canned in Light Syrup ²	1/2 C	24.5
Dried	2 T	14.5
Fresh	1/2 C	9.0
Frozen	1/2 C	7.3
Frozen, sweetened ²	4 oz	22.4
Boysenberries		
Canned in Heavy Syrup ²	1/2 C	25.2
Fresh	1/2 C	3.1
Frozen	1/2 C	4.6

FRUIT continued	Amount	Net Carbs
Carambola		
(Star Fruit), sliced	1/2 C	2.1
Cherimoya	1/2 C	11.8
Cherries, Sour		
Canned in water	1/2 C	9.6
Fresh	1/2 C	8.2
Cherries, Sweet		
Canned in water	1/2 C	12.7
Dried	2 T	11.5
Fresh	1/2 C	10.7
Frozen	1/2 C	7.3
Clementine	1 med	7.6
Coconut, fresh, shredded	1/2 C	2.5
Cranberries		
Dried ²	2 T	5.8
Freeze-Dried ¹	1/2 oz	12.1
Fresh	1/2 C	3.8
Sauce, Jellied ²	2 T	13.1
Sauce, Whole Berries ²	2 T	12.5
Currants		
Dried	2 T	12.1
Fresh	1/2 C	5.3
Dates		
Dried	1 oz	20.9
Fresh	3 ea	15.8
Figs		
Canned in water	1 sm	3.2
Dried	1 sm	4.5
Fresh	1 sm	6.5

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	Amount	Net Carbs
Fruit Cocktail		
Canned in light syrup ²	1/2 C	16.9
Canned in water	1/2 C	8.9
Mixed Fruits, frozen	4 oz	10.5
Gooseberries	1/2 C	7.8
Grapefruit		
Fresh, Red/White	1/2 med	8.9
Sections, Canned in juice	1/2 C	10.7
Grapes		
Green, Seedless	1/2 C	13.0
Purple, Concord	1/2 C	7.5
Red, Seedless	1/2 C	13.0
Guava		
Fresh, pieces	1/2 C	7.4
Paste ²	2 T	12.9
Huckleberries	4 oz	9.9
Kiwi Fruit	1 ea	8.1
Kumquat	4 ea	7.1
Lemon Juice	2 T	2.0
Lime Juice	2 T	2.4
Loganberries		
Fresh	1/2 C	5.8
Frozen	1/2 C	5.7
Loquats		
Fresh	10 med	16.7
Fresh, cubed	1/2 C	7.8
Lychees		
Fresh, whole	10 ea	14.5
Canned in water	10 ea	14.6

	Amount	Net Carbs
Mango		
Dried	1 piece	9.5
Freeze-Dried	1 piece	21.0
Fresh, pieces	1/2 C	11.1
Frozen	1/2 C	14.0
Melon		
Cantaloupe Cubes	1/2 C	5.9
Cantaloupe Slice	1/8 med	5.1
Crenshaw Balls	1/2 C	4.6
Honeydew Balls	1/2 C	7.3
Honeydew, diced	1/2 C	7.1
Honeydew Slice	1/8 med	10.4
Watermelon Balls	1/2 C	5.5
Mulberries	1/2 C	5.7
Nectarines		
Fresh	1 med	12.6
Dried	1.5 oz	22.0
Oranges		
Blood	1 med	13.0
Florida	1 med	12.9
Mandarin, Canned in juice	1/2 C	11.0
Navel	1 ea	14.5
Valencia	1 med	11.4
Papaya		
Canned in syrup ²	1/2 C	12.1
Dried	1 strip	12.2
Fresh	1/2 small	7.2
Fresh, pieces	1/2 C	6.6
Frozen, pieces	1/2 C	4.4

	Amount	Net Carbs
Passion Fruit (Maracuya),		
Pieces	1/4 C	7.7
Peaches		
Dried	2 halves	13.8
Fresh	1 sm	10.5
Frozen, sliced	1/2 C	6.0
Halves, canned in light syrup ²	1 half	13.0
Halves, canned in water	1 half	4.7
Pears		
Anjou	1 med	21.0
Asian	1 med	8.6
Bartlett	1 med	20.6
Bosc	1 med	21.0
Dried	1 half	11.2
Halves, canned in light syrup ²	1 half	10.3
Halves, Canned in water	1 half	4.7
Japanese, fresh	1 ea	20.0
Persimmon	1/2 small	4.1
Pineapple, canned		
In water, chunks	1/2 C	9.2
In water, sliced	2 sl	7.1
In light syrup, chunks ²	1/2 C	15.9
In light syrup, sliced ²	2 sl	12.1
Pineapple		
Dried	1/4 C	25.0
Fresh, chunks	1/2 C	9.7

FRUIT continued	Amount	Net Carbs
Plantains		
Chips	1 oz	14.4
Dried, sliced	1/2 C	21.9
Plums		
Dried (Prune)	3 ea	16.2
Fresh	1 med	6.6
Purple, canned in water	1/2 C	12.6
Prunes, canned in heavy syrup ²	1/2 C	28.1
Prunes, stewed	1/2 C	31.0
Pomegranate		
Fresh	1 quarter	10.4
Ariels (Seeds), fresh	1/4 C	6.4
Prickly Pear (Cactus Pear), fresh	1 ea	6.2
Quince	1 quarter	3.1
Raisins		
Golden	1 T	6.8
Seedless	1 T	6.8
Raspberries		
Black, fresh	1/2 C	3.7
Black, frozen	2 oz	8.5
Red, fresh	1/2 C	3.4
Red, frozen, sweetened ²	1/2 C	27.2
Red, frozen	1/2 C	4.4
Rhubarb		
Fresh	1/2 C	1.7
Frozen, sweetened ²	1/2 C	35.0
Frozen	1/2 C	2.3

	Amount	Net Carbs
Strawberries		
Dried ¹	1/4 C	15.5
Fresh, whole	5 large	5.1
Fresh, sliced	1/2 C	4.7
Freeze-Dried	1 oz	21.3
Frozen, whole, sweetened ²	1/2 C	24.4
Frozen, sliced	1/2 C	5.2
Tangerine	1 small	8.8
Tangelo	1 med	12.0
Ugli Fruit	1 half	9.0

Low Carbe Diem



²Contains added sugar

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