

Serving Size	Grams of Fructose	
Limes	1 medium	0
Lemons	1 medium	0.6
Cranberries	1 cup	0.7
Passion fruit	1 medium	0.9
Prune	1 medium	1.2
Apricot	1 medium	1.3
Guava	2 medium	2.2
Date (Deglet Noor style)	1 medium	2.6
	1/8 of med. melon	
Cantaloupe		2.8
Raspberries	1 cup	3.0
Clementine	1 medium	3.4
Kiwifruit	1 medium	3.4
Blackberries	1 cup	3.5
Star fruit	1 medium	3.6
Cherries, sweet	10	3.8
Strawberries	1 cup	3.8
Cherries, sour	1 cup	4.0
	1 slice (3.5" x .75")	
Pineapple		4.0
Grapefruit, pink or red	1/2 medium	4.3

Fruit	Serving Size	Grams of Fructose
Boysenberries	1 cup	4.6
Tangerine/mandarin orange	1 medium	4.8
Nectarine	1 medium	5.4
Peach	1 medium	5.9
Orange (navel)	1 medium	6.1
	1/2 medium	
Papaya		6.3
	1/8 of med. melon	
Honeydew		6.7
Banana	1 medium	7.1
Blueberries	1 cup	7.4
Date (Medjool)	1 medium	7.7
Apple (composite)	1 medium	9.5
Persimmon	1 medium	10.6
	1/16 med. melon	
Watermelon		11.3
Pear	1 medium	11.8
Raisins	1/4 cup	12.3
Grapes, seedless (green or red)	1 cup	12.4
	1/2 medium	
Mango		16.2
Apricots, dried	1 cup	16.4
Figs, dried	1 cup	2