



Carbohydrate Content of Fruits

Since the size of fruit can vary a great deal, it is important to weigh the fruit for the most accurate carbohydrate count. Multiple the weight of the edible portion of the fruit (without seeds or skins if possible) by the number of Carb Grams per Ounce provided below. For example, watermelon is 2.1 grams (gms) per ounce (oz) and you have 7 oz of cubed watermelon. So, 7oz multiplied by 2.1gms equals 14.7gms of carbohydrate for your serving.

Fruit-Fresh	Carb Gms/Oz
Apple	3.4
Apricot	3.0
Asian pear	3.0
Avocado	2.5
Banana	6.4
Blackberries	2.2
Blueberries	3.8
Cherries, sweet	4.2
Clementine	2.9
Dates	20.4
Figs	5.2
Grapefruit w/rind	2.6
Grapes	4.5
Kiwi	3.8
Mango	4.2
Melon: Cantaloupe	2.5
Honeydew	2.6
Watermelon	2.1
Nectarine	2.8
Orange	3.0
Peach	2.6
Pear	4.0
Pineapple	3.5
Plum	3.0
Raspberries	2.5
Strawberries	1.9
Tangerine	3.5

Fruit-Dried	Carb Gms/Oz
Apple	17.5
Apricot	16.5
Banana	16.6
Cranberries	23.0
Currants	20.0
Figs	17.0
Prunes (plums)	16.0
Raisins	21.0

For fruits not listed above, please refer to the resource, [Calorie King: Calorie, Fat & Carbohydrate Counter](http://CalorieKing.com). This book or website (Calorieking.com) is an excellent reference for carb counting.