

source-FRUITS (raw)	source-AMOUNT	source-CARBS (grams)	target-Per single fruit or the portion stated
Apple	5 oz		21 Apple (with the peel)
Apricot	3 (4 oz ea.)		12 Apricot
Avocado	1/2 (3 oz)		7 Avocado
Blackberries	1 cup		18 Blackberries (Â½ cup)
Blueberries	1 cup		21 Blueberries fresh (Â½ cup)
Cantaloupe	1 cup		13 Melon Canteloupe (1 half)
Cranberries	1/2 cup		6 Cranberries fresh raw (Â½ cup)
Grapefruit	1/2 (4 oz)		10 Grapefruit (1 medium half)
Grapes	1 cup		16 Grapes (10 medium seedless)
Guava	1 (3 oz)		11 Guava (Â½ cup)
Kiwi	1 (2-1/2 oz)		11 Kiwi (medium)
Mango	1/2 (3-1/2 oz)		18 Mango fresh
Nectarine	1 (5 oz)		16 Nectarine (medium)
Orange	1 (4-1/2 oz)		15 Orange
Papaya	1/2 (5-1/2 oz)		15 Papaya (Â½ cup cubed)
Peach	1 (3-1/2 oz)		10 Peach
Pear	1 (6 oz)		25 Pear (medium)
Pineapple	1 cup		19 Pineapple fresh (Â½ cup cubed)
Raspberries	1 cup		14 Raspberry (Â½ cup)
Strawberries	1 cup		11 Strawberries (Â½ cup)
Tangerine	1 (3 oz)		9 Tangerine

target-Calories per fruit or the portion stated      target-Carbohydrates per fruit or the portion stated

81	21
17	4
306	12
37	9
41	10
94	22
23	6
46	12
36	9
42	10
46	11
135	35
67	16
65	16
27	7
37	10
98	25
39	10
31	7
23	5
37	9