

source-FRUITS (raw)	source-AMOUNT	source-CARBS (grams)	target-FRUIT CARB CHART	target-WEIGHT (g)
Apple	5 oz	21	Apple dried	32 g
Apple	5 oz	21	Apple no skin	110 g
Apricot	3 (4 oz ea.)	12	Apricot raw	35 g
Apricot	3 (4 oz ea.)	12	Apricot dried	18 g
Avocado	1/2 (3 oz)	7	Avocado	29 g
Blackberries	1 cup	18	Blackberries	72 g
Blueberries	1 cup	21	Blueberries	73 g
Blueberries	1 cup	21	Blueberries sweetened	115 g
Cantaloupe	1 cup	13	Cantaloupe	160 g
Grapefruit	1/2 (4 oz)	10	Grapefruit	123 g
Grapes	1 cup	16	Grapes	50 g
Kiwi	1 (2-1/2 oz)	11	Kiwi	76 g
Mango	1/2 (3-1/2 oz)	18	Mango	207 g
Nectarine	1 (5 oz)	16	Nectarines	136 g
Papaya	1/2 (5-1/2 oz)	15	Papaya	304 g
Peach	1 (3-1/2 oz)	10	Peach	98 g
Pear	1 (6 oz)	25	Pear	166 g
Pineapple	1 cup	19	Pineapple	47 g
Raspberries	1 cup	14	Raspberries	31 g
Strawberries	1 cup	11	Strawberries	83 g
Tangerine	1 (3 oz)	9	Tangarine	84 g

target-COMMON MEASURE	target-CARBOHYDRATE (g)
5 rings	21
1 cup	14
1 whole	4
5 halves	11
1 oz	2
1/2 cup	7
1/2 cup	10
1/2 cup	25
1 cup	13
1/2 fruit	13
10 grapes	9
1 medium	11
1 mango	31
1 nectarine	14
1 papaya	33
1 peach	9
1 pear	26
1 slice	7
1/4 cup	4
1/2 cup	6
1 tangerine	11