

## Assessing Fructose Burden – Fruit Fructose Content

<b>Fruit</b>	<b>Serving</b>	<b>Grams Fructose</b>
Limes	One	0
Lemons	One	0.6
Cranberries	1 cup	0.7
Passion Fruit	One	0.9
Prune	One	1.2
Apricot	One	1.3
Guava	Two	2.2
Dates (Deglet)	One	2.6
Cantaloupe	1/8	2.8
Raspberries	1 cup	3.0
Kiwi	One	3.4
Blackberries	1 cup	3.5
Star Fruit	One	3.6
Cherries	10	3.8
Strawberries	1 cup	3.8
Pineapple	1 slice	4.3
Boysenberries	1 cup	4.6
Tangerine/Mandarin	One	4.8
Nectarine	One	5.4
Peach	One	5.9
Orange	One	6.1
Papaya	Half	6.3
Honeydew	1/8	6.7
Banana	One	7.1
Blueberries	1 cup	7.4
Date (Medjool)	One	7.7
Apple	One	9.5
Persimmon	One	10.6
Watermelon	1/16	11.3
Pear	One	11.8
Raisins	¼ cup	12.3
Grapes (green or red)	1 cup	12.4
Mango	Half	16.2
Apricots (dried)	1 cup	16.4
Figs (dried)	1 cup	23.0

*Seek to limit daily consumption of fructose to 25 grams per day to keep blood sugar stable.*