

Fruit carb counts

Note: this list is an estimation. Numbers may vary depending of the type and size of the fruit.

	Carb grams
Apple medium (3" diam)	25
Apple 1/2 cup sliced	7.5
Banana petite (less than 6")	19
Blueberry (1/2 cup)	9
Cantaloupe (1/2 cup)	5.5
Grapes 1/2 cup	8
Mandarin (medium 88g)	12
Nectarines (medium 2-1/2 diam)	15
Orange (2-5/8" diam)	15
Peach medium	13
Pear (medium 178g)	27

Persimon	8
Plum (2-1/8: diam)	8
Strawberry (1/2 cup, 4 pieces)	6.5
Watermelon (1/2 cup)	5.5