

CARBS

FRUITS/ BERRIES



	SERVING	PROTEIN	CARBS	FAT	FIBER
Apple	6.4 oz	0	25	0	4
Apricot	1/2 cup	1	9	0	2
Banana	1 med.	1	27	1	3
Blackberries	1/2 cup	1	7	0	4
Blueberries	1/2 cup	1	11	0	2
Cantaloupe	1/2 cup	1	7	0	1
Cherries	1/2 cup	1	10	0	1
Dates	1/2 cup	2	67	0	7
Grapefruit	1/2 cup	1	13	0	2
Grapes	1/2 cup	0	8	0	0
Kiwi	1/2 cup	1	13	1	3
Mango	1/2 cup	1	13	0	1
Orange	5.4 oz	1	19	0	3
Peach	5.3 oz	1	15	0	2
Pear	1/2 cup	0	13	0	3
Pineapple	1/2 cup	0	10	1	1
Plantain	1 med	2	57	1	4
Plums	1/2 cup	1	10	0	1
Pomegranate	1/2 cup	1	16	1	4
Raspberries	1/2 cup	1	7	0	4
Strawberries	1/2 cup	1	5	0	2
Watermelon	1/2 cup	1	12	0	1

