

FRUCTOSE MEASUREMENTS IN FRUITS

The general recommendation is to keep the total fructose from fruit below 25 grams per day or below 15 grams per day if insulin resistant. In general, consuming two to three fresh fruits per day will keep you within that range without having to obsess over counting grams of fructose. Please note that dried fruits are much higher in fructose. The following chart is provided for your reference.

FRUIT	SERVING SIZE	GRAMS OF FRUCTOSE
Apricot	1 fruit (35g)	0.30
Cranberries	1 cup (100g)	0.63
Clementine orange	1 fruit (74g)	1.21
Date (Deglet Nour)	1 date, pitted	1.39
Tangerine (mandarin) orange	1 medium (88g)	2.11
Nectarine	1 large (156g)	2.14
Grapefruit, pink or red	1 medium (123g)	2.18
Peach	1 large (175g)	2.68
Raspberries	1 cup (123g)	2.89
Cantaloupe melon	1 cup (160g), cubes	2.99
Kiwi	1 fruit (69g)	3.00
Navel orange	1 fruit (140g)	3.30
Blackberries	1 cup (144g)	3.50
Pineapple	1 cup (165g), chunks	3.50
Strawberries	1 cup (144g), whole	3.51
Watermelon	1 cup (152g), diced	5.11

FRUIT	SERVING SIZE	GRAMS OF FRUCTOSE
Honeydew melon	1 cup (177g), balls	5.24
Papaya	1 cup (145g), 1"pieces	5.41
Banana, large	1 large (136g)	6.60
Blueberries	1 cup (148g)	7.36
Sweet cherries	1 cup (138g), with pits	7.41
Date (Medjool)	1 date, pitted	7.67
Mango	1 cup (165g)	7.72
Dried apricots	1/2 cup (65g)	8.10
Persimmon	1 fruit (168g)	9.34
Apple	1 medium (182g)	10.74
Dried prunes	1/2 cup (87g), pitted	10.9
Pear	1 medium (178g)	11.43
Grapes, seedless (Thompson red or green)	1 cup (151g)	12.30
Raisins, seedless	1 small box (43g)	14.91
Dried figs	1/2 cup (75g)	17.09