

Fruit And Serving Size	Calories (label)	Carbs (g)	Fiber (g)	NetCarbs (g)	Protein (g)	Fat (g)	Refs
Apple,freshwithskin,1oz	15	3.9	0.1	3.8	0	0	1,3
Apricot,withskin,1oz	25	6	1	5	0	0	1,3
Avocado,Haas,raw,(1/2)	150	8	6	2	2	14	2
Banana,fresh,1oz	24	6.4	0.7	5.7	0	0	2
Blackberries,fresh,1oz	12	2.7	1.5	1.2	0	0	1,3
Blueberries,fresh,1oz	16	4	0.7	3.3	0	0	1,3
Cantaloupe,fresh,1oz	10	2.3	0.3	2	0	0	1,3
Cherries,Bing,pitted,1oz	18	4.5	0.6	3.9	0	0	1,3
Cherries,Rainier,pitted,1oz	18	4.5	0.6	3.9	0	0	1,3
Coconut,raw	99	4	3	1	1	9	2
Coconut(dried,shredded,unsweetened),1oz	187	6.7	4.6	2.1	2	18	1,3
Coconut,dried,sweetened,1oz	128	15	3	12	1	8	2
Grapes,seedless,1oz	19	5	0.3	4.7	0	0	1,3
HoneydewMelon,fresh,1oz	10	2.6	0.2	2.4	0	0	1,3
Kiwi,fresh,1oz	17	4	0.7	3.4	0	0	1,3
Orange,1oz(fresh,withpeel,noseeds)	18	4	1	3	0	0	2
Orange,fresh,nopeel,1oz	13	3	1	2	0	0	2
Lemon,withpeel,1oz	8	3	1	2	0	0	2
Lemon,withoutpeel,1oz	6	3	1	2	0	0	2
Lime,withpeel,1oz	8	3	0.8	2.2	0	0	1,3
Mango,withoutpeel,1oz	7.4	4.7	0.7	4	0	0	3
Nectarine,fresh,1oz	12	3	0.5	2.5	0	0	1,3
Olives,pickled/brined1oz	41	1.1	1	0.1	0	4	1,3
Papaya,fresh,1oz	12	3	0.5	2.5	0	0	1,3
Peach,fresh,1oz	11	2.7	0.4	2.3	0	0	1,3
Pear,fresh,1oz	16	4.3	1	3.3	0	0	1,3
Pineapple,fresh,1oz	14	3.7	0.4	3.3	0	0	1,3
Plum,fresh,1oz	13	3.2	0.4	2.8	0	0	1,3
Raspberries,fresh,1oz	15	3.3	0.8	1.5	0	0	1,3
Strawberries,fresh,1oz	9	2.2	0.6	1.6	0	0	1,3
Watermelon,fresh,1oz	8	2.1	0.5	2	0	0	1,3