

| Fruit | Serving Size | Grams of Fructose |
|--------------------------|--------------------------|-------------------|
| Limes | 1 medium | 0 |
| Lemons | 1 medium | 0.6 |
| Cranberries | 1 cup | 0.7 |
| Passion fruit | 1 medium | 0.9 |
| Prune | 1 medium | 1.2 |
| Apricot | 1 medium | 1.3 |
| Guava | 2 medium | 2.2 |
| Date (Deglet Noor style) | 1 medium | 2.6 |
| Cantaloupe | 1/8 of med. melon | 2.8 |
| Raspberries | 1 cup | 3.0 |
| Clementine | 1 medium | 3.4 |
| Kiwifruit | 1 medium | 3.4 |
| Blackberries | 1 cup | 3.5 |
| Star fruit | 1 medium | 3.6 |
| Cherries, sweet | 10 | 3.8 |
| Strawberries | 1 cup | 3.8 |
| Cherries, sour | 1 cup | 4.0 |
| Pineapple | 1 slice (3.5" x .75") | 4.0 |
| Grapefruit, pink or red | 1/2 medium | 4.3 |

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|---------------------------------|-------------------|-------------------|
| Boysenberries | 1 cup | 4.6 |
| Tangerine/mandarin orange | 1 medium | 4.8 |
| Nectarine | 1 medium | 5.4 |
| Peach | 1 medium | 5.9 |
| Orange (navel) | 1 medium | 6.1 |
| Papaya | 1/2 medium | 6.3 |
| Honeydew | 1/8 of med. melon | 6.7 |
| Banana | 1 medium | 7.1 |
| Blueberries | 1 cup | 7.4 |
| Date (Medjool) | 1 medium | 7.7 |
| Apple (composite) | 1 medium | 9.5 |
| Persimmon | 1 medium | 10.6 |
| Watermelon | 1/16 med. melon | 11.3 |
| Pear | 1 medium | 11.8 |
| Raisins | 1/4 cup | 12.3 |
| Grapes, seedless (green or red) | 1 cup | 12.4 |
| Mango | 1/2 medium | 16.2 |
| Apricots, dried | 1 cup | 16.4 |
| Figs, dried | 1 cup | 23.0 |