

CLEAN

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FRUIT	CARBS	SUGAR	DIETARY FIBER
blueberries 75g/ .5 cup	10.7 g	7.4 g	1.8 g
blackberries 1 c/144	14 g	7 g	8 g
cherries 1cup/155g	19 g	13 g	2.5 g
strawberries 1c/144g	11 g	8 g	2 g
raspberries 1c/123g	15 g	5 g	8 g
green tipped banana (1 medium/118 g)	27 g	14 g	3 g
green apple 154 g	22 g	17 g	5 g
red apple (1 medium)	19 g	14 g	3.3
grapefruit 1/2 cup	10 g	9 g	1 g
lemon (1 fruit/58 g)	5 g	1.5 g	1.6 g
lime (1 fruit/67 g)	7 g	1.1 g	1.9 g
avocado 1/5 med/30 g	3 g	0 g	2 g
orange 1 med/128 g	15 g	12 g	3 g
green or red grapes 1 cup/92 g	16 g	15 g	0.8 g
apricot 1 cup/155 g	17 g	14 g	3 g
pineapple 1cup/165 g	22 g	16 g	2 g
pear 1 med/178 g	28 g	17 g	6 g
plum 1 fruit/66 g	8 g	7 g	0.9 g
mango 1 cup/165 g	25 g	22 g	3 g
cantaloupe 1 cup/140g	11 g	10 g	1.2 g
clementine 1 fruit/74 g	9 g	7 g	1.3 g