

## Fresh Fruit Carb Count Guide (1/2 cup portions)

**Apple (med size): 19g**

**Banana (med size): 26.95g**

**Pear (med size): 27.52g**

**Grape: 15.56g**

**Strawberry: 12g**

**Tangerine (med size): 12g**

**Orange (med size): 15g**

**Tangelo (med Size): 17g**

**Pineapple: 11g**

**Kiwi: 10g**

**Honey Dew: 9g**

**Blueberry: 10.5g**

**Plum (med size): 8g**