

CARBOHYDRATE AMOUNTS IN FRUIT AND VEGETABLES

From *Natural Health & Weight Loss*, pages 300-1

The following two lists of fruit and vegetables list the amount of a food that gives either 10g (fruit) or 5g (vegetables) of carbohydrate in commonly available products. Use these tables to determine how much of each you can eat.

I suggest that you print them out and keep them handy.

The following quantities of fruit will give 10g of carbohydrate (raw weights):			
75g/3ozs of:	100g/4oz of:	150g/6oz of:	200g/8oz of:
Apples	Apricots	Avocados	Rhubarb
Blackcurrants	Blackberries	Gooseberries	
Blueberries	Cherries	Grapefruit (white)	
Elderberries	Cranberries	Melon	
Kiwi fruit	Guavas	Raspberries	
Kumquats	Lemons (peeled)		
Loganberries	Limes		
Mangoes	Mulberries		
Pears	Nectarine		
Pineapple	Oranges		
Plums	Papaya		
	(Pawpaw)		
	Peach		
	Red currants		
	Satsumas		
	Strawberries		
	Tangerines		

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