

# Fruit Calorie List

| Fruit               | Measurement | Weight | Calories | Carbs | Protein | Fat |
|---------------------|-------------|--------|----------|-------|---------|-----|
| Apple               | 1 medium    | 182 g  | 95       | 25    | 0.5     | 0.3 |
| Apricot             | 1 apricot   | 35 g   | 17       | 3.9   | 0.5     | 0.1 |
| Avocado             | 1 avocado   | 201 g  | 322      | 17    | 4       | 29  |
| Bananas             | 1 medium    | 118 g  | 105      | 27    | 1.3     | 0.4 |
| Blackberries        | 1 cup       | 144 g  | 62       | 14    | 2       | 0.7 |
| Blueberries         | 1 cup       | 148 g  | 85       | 21    | 1.1     | 0.5 |
| Cantaloupe          | 1 melon     | 552 g  | 186      | 45    | 4.6     | 1   |
| Cherries            | 1 cup       | 155 g  | 77       | 19    | 1.6     | 0.5 |
| Cranberries (fresh) | 1 cup       | 100 g  | 46       | 12.2  | 0.4     | 0.1 |
| Dates               | 1 date      | 24 g   | 66       | 18    | 0.4     | 0   |
| Grapefruit          | 1/2 fruit   | 123 g  | 52       | 13    | 0.9     | 0.2 |
| Grapes              | 1 cup       | 92 g   | 62       | 16    | 0.6     | 0.3 |
| Honeydew            | 1 cup       | 170 g  | 61       | 15    | 0.9     | 0.2 |
| Kiwi                | 1 fruit     | 69 g   | 42       | 10    | 0.8     | 0.4 |
| Lemon               | 1 fruit     | 58 g   | 17       | 5     | 0.6     | 0.2 |
| Lime                | 1 fruit     | 67 g   | 20       | 7     | 0.5     | 0.1 |
| Mandarin oranges    | 1 fruit     | 75 g   | 40       | 10    | 0.6     | 0.2 |
| Mango               | 1 fruit     | 336 g  | 201      | 50    | 2.8     | 1.3 |
| Nectarine           | 1 fruit     | 142 g  | 63       | 15    | 1.5     | 0.5 |
| Oranges             | 1 fruit     | 96 g   | 45       | 11    | 0.9     | 0.1 |
| Peaches             | 1 fruit     | 150 g  | 59       | 14    | 1.4     | 0.4 |
| Pear                | 1 fruit     | 178 g  | 102      | 27    | 0.6     | 0.2 |
| Pineapple           | 1 cup       | 165 g  | 82       | 22    | 0.9     | 0.2 |
| Plums               | 1 fruit     | 66 g   | 30       | 7.5   | 0.5     | 0.2 |
| Pomegranate         | 1/2 C seeds | 87 g   | 72       | 16    | 1.5     | 1   |
| Raspberries         | 1 cup       | 123 g  | 65       | 15    | 1.5     | 0.8 |
| Strawberries        | 1 cup       | 152 g  | 49       | 12    | 1       | 0.5 |
| Watermelon          | 1 cup       | 152 g  | 46       | 11    | 0.9     | 0.2 |