

Sugar Levels in Fruit

per 100g

Grapes	18.1g
Banana	15.6g
Mango	14.8g
Apple	13.3g
Pineapple	11.9g
Pear	10.5g
Kiwi	10.5g
Pomegranate	10.1g
Raspberry	9.5g
Apricot	9.3g
Orange	9.2g
Watermelon	9.0g
Cantaloupe	8.7g
Peach	8.7g
Nectarine	8.5g
Honeydew Melon	8.2g
Blackberry	8.1g
Cherry	8.0g
Tangerine	7.7g
Plum	7.5g
Blueberry	7.3g
Fig	6.9g
Grapefruit	6.2g
Strawberry	5.8g
Tomato	2.8g
Lemon	2.5g
Peppers	2.4g
Cucumber	1.7g
Avocado	0.9g
Lime	0.4g

