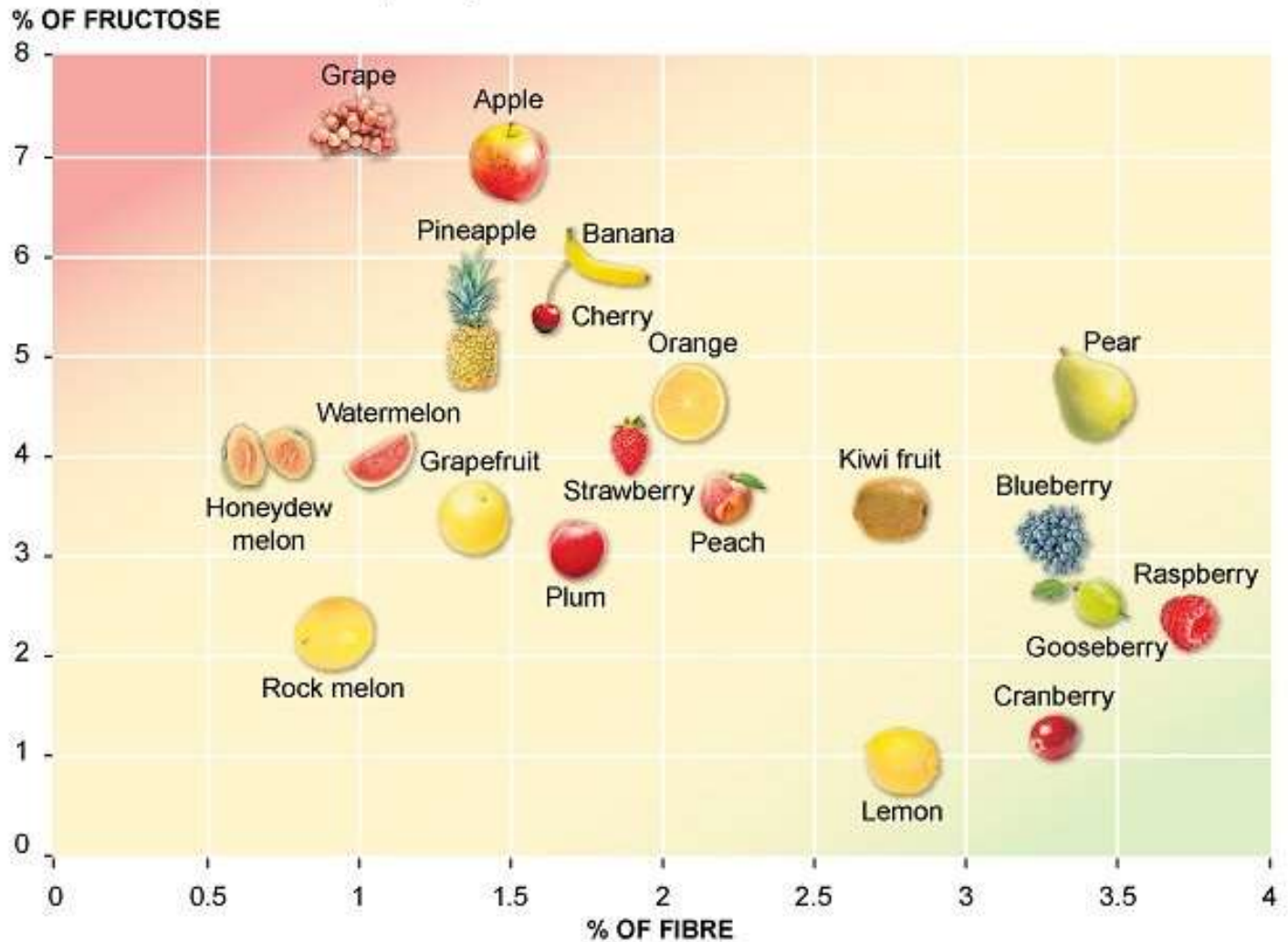


Appendix A

Fibre and fructose content of popular fruits

The graph plots the fibre content of each (100g) piece of fruit against its average fructose content. Fruits which contain a lower percentage of fructose and a higher percentage of fibre (which reduces the damage fructose causes), are the best choice. Adults are recommended to eat no more than two pieces of fruit per day.



Appendix A Continued

Fructose in Fruits

Name	Serving Size	Grams of Fructose
Apples	1 medium (3" dia)	10.74
Apricots	1 fruit	0.33
Apricots, dried	1 cup, halves	16.21
Bananas	1 medium	5.72
Blackberries	1 cup	3.46
Blueberries	1 cup	7.36
Cherimoya	1 fruit w/o skin & seeds	14.76
Cherries, sweet	1 cup	7.41
Cherries, sour	1 cup	3.62
Clementines	1 fruit	1.21
Cranberries	1 cup	0.63
Currants, red & white	1 cup	3.95
Dates (Deglet Noor)	1 date, pitted	1.39
Dates (Medjool)	1 date, pitted	7.67
Figs, dried	1 cup	34.17
Grapes, seedless (Thompson green or red)	1 cup	12.28
Grapefruit, pink or red	1 medium (3-3/4" dia)	2.18
Jackfruit	1 cup, 1" pieces	13.88
Kiwi	1 fruit (2" dia)	3
Lemon juice	1 oz	0.34
Lime juice	1 oz	0.19
Mangos	1 fruit w/o refuse	15.72
Melon, cantaloupe	1 cup, balls	3.31
Melon, honeydew	1 cup, balls	5.24
Nectarines	1 medium (2-1/2" dia)	1.95
Oranges (navel)	1 fruit (2-7/8" dia)	3.15
Papaya	1 cup, 1" pieces	5.41
Peaches	1 medium (2-2/3" dia)	2.29
Pears, bartlett	1 medium	11.97
Persimmons	1 fruit (2-1/2" dia)	9.34
Pineapple	1 cup, chunks	3.5
Plums	1 fruit (2-1/8" dia)	2.03
Prune	1 cup, pitted	21.66
Raisins	1 cup	43.04
Raspberries	1 cup	2.89
Strawberries	1 cup, halves	3.71
Tangerines (mandarin oranges)	1 medium (2-1/2" dia)	2.11
Watermelon	1 cup, balls	5.17

Appendix A Continued

Name	Serving Size	Grams of Fructose
Alfalfa seeds, sprouted	1 cup	0.04
Asparagus	1 spear, medium (5-1/4" to 7" long)	0.16
Beans, snap, green	1 cup, 1/2" pieces	1.39
Broccoli	1 cup chopped	0.62
Brussels sprouts	1 cup	0.82
Cabbage	1 head, medium (about 5-3/4" dia)	13.17
Cabbage, red	1 head, medium (about 5" dia)	12.42
Carrots, baby	1 medium	0.1
Carrots	1 medium	0.34
Cauliflower	1 head medium (5-6" dia.)	5.7
Celery	1 stalk, medium (7-1/2" - 8" long)	0.2
Corn, sweet, yellow	1 cup	2.81
Cucumber, with peel	1 cucumber (8-1/4")	2.62
Eggplant	1 eggplant, unpeeled (about 1-1/4 lb)	8.44
Lettuce, butterhead (includes boston and bibb types)	1 cup, shredded	0.28
Lettuce, cos or romaine	1 cup, shredded	0.38
Lettuce, green leaf	1 cup, shredded	0.15
Lettuce, iceberg (includes crisphead types)	1 cup, chopped (1/2" pieces)	0.57
Lettuce, red leaf	1 cup shredded	0.08
Mushrooms, chanterelle	1 piece	0
Mushrooms, enoki	1 medium	0
Mushrooms, maitake	1 piece whole	0
Mushrooms, morel	1 piece	0
Mushrooms, oyster	1 cup sliced	0
Mushrooms, portabella	1 piece whole	0.41
Mushrooms, shiitake	1 piece whole	0
Mushrooms, white	1 cup pieces	0.06
Okra	1 cup	0.57
Onions	1 cup, chopped	2.06
Onions, sweet	1 onion	6.69
Peas, green	1 cup	0.57
Peppers, jalapeno	1 pepper	0.37
Peppers, sweet, green	1 medium (approx 2-3/4" long, 2-1/2" dia)	1.33
Peppers, sweet, red	1 medium (approx 2-3/4" long, 2-1/2 dia)	2.69
Potato, flesh and skin	1 medium (2-1/4" to 3-1/4" dia)	0.58
Potatoes, red, flesh and skin	1 medium (2-1/4" to 3-1/4" dia)	0.66
Potatoes, russet, flesh and skin	1 medium (2-1/4" to 3-1/4" dia)	0.49
Radishes	1 medium (3/4" to 1" dia)	0.03
Rutabagas	1 medium	6.21
Spinach	1 cup	0.04
Squash, summer, all varieties	1 medium	1.86
Squash, summer, crookneck and straightneck	1 cup sliced	2.46
Squash, summer, zucchini, includes skin	1 medium	2.7
Squash, winter, butternut	1 cup, cubes	1.39
Sweet potato	1 sweetpotato, 5" long	0.91
Tomatoes, italian	1 italian tomato	0.85
Tomatoes, plum	1 plum tomato	0.85
Tomatoes	1 medium whole (2-3/5" dia)	1.69
Tomatoes, cherry	1 cup cherry tomatoes	2.04
Turnip greens	1 cup, chopped	0.16