

CALCULATE YOUR FRUCTOSE INTAKE

FUNCTIONAL MEDICINE Ltd.

Your health today and tomorrow

MAXIMUM PER DAY:

FRUCTOSE LIST

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FRUITS

Fruit	Size or Quantity	Fructose (g)	Fruit	Size or Quantity	Fructose (g)
Olives	10 olives (40g)	Trace	Orange	1 fruit (130g)	4.1
Avocado	1/2 fruit (100g)	0.2	Pineapple	1 slice (85g)	4.5
Lime	1 fruit (65g)	0.2	Kumquat	5 fruits (95g)	4.5
Passion fruit	1 fruit (20g)	0.5	Lychee	6 fruits (60g)	4.6
Damson	1 fruit (25g)	1.0	Papaya	½ medium (150g)	5.0
Apricot, fresh	1 fruit (35g)	1.0	Peach	1 medium (150g)	5.1
Cranberries	1 cup (110g)	1.3	Blueberries	1 cup (150g)	5.2
Guava	1 fruit (55g)	1.4	Mulberries	1 cup (125g)	5.3
Lemon	1 fruit (110g)	1.7	Pomelo	¼ fruit (150g)	5.3
Gooseberries	1 cup (150g)	1.9	Cherries	15 fruits (120g)	5.4
Melon (Cantaloupe)	1 slice (125g)	2.0	Nectarine	1 medium (140g)	5.7
Plum	1 fruit (65g)	2.0	Prickly pear	1 fruit (100g)	5.7
Satsuma	1 medium (70g)	2.2	Watermelon	1 slice (285g)	6.6
Fig, fresh	1 fruit (50g)	2.2	Grapes	20 fruits (100g)	7.7
Sharon fruit	1 fruit (25g)	2.3	Banana	1 medium (120g)	8.3
Melon (Galia)	1 slice (125g)	2.6	Mango	½ fruit (105g)	8.4
Tangerine	1 medium (90g)	2.7	Pear	1 medium (180g)	9.8
Raspberries	1 cup (110g)	2.8	Pomegranate	1 fruit (280g)	9.9
Grapefruit	½ fruit (120g)	2.8	Apple, fresh	1 medium (180g)	13.3
Melon (Honeydew)	1 slice (125g)	2.9	Dates, fresh	6 fruits (145g)	21.8
Redcurrants	1 cup (110g)	3.0	Dried Fruits		
Whitecurrants	1 cup (110g)	3.0	Prunes	6 fruits (60g)	9.6
Clementine	1 medium (75g)	3.3	Apricots, dried	½ cup (60g)	9.8
Loganberries	1 cup (145g)	3.5	Figs, dried	6 fruits (50g)	11.3
Quince	1 fruit (90g)	3.6	Dates, dried	½ cup (80g)	26.9
Blackberries	1 cup (145g)	3.7	Currants	½ cup (80g)	27.5
Strawberries	10 fruits (120g)	3.8	Sultanas	½ cup (80g)	28.6
Kiwi	1 fruit (75g)	3.8	Raisins	½ cup (80g)	28.7
Greengage	1 fruit (66g)	4.0	Apple, dried	1 cup (85g)	35.9
Blackcurrants	1 cup (110g)	4.0			

Your Guide:

Fresh fruit is an integral part of a healthful diet, bringing valuable vitamins, potassium, phytonutrients and fibre. However, the fructose content of fruit can vary greatly.

As a general rule, we recommend you eat one to three servings of fresh fruit daily, making choices that fit within your fructose limit (see above).

As well as taking account of the fructose content, challenge yourself to eat a wide variety and diversity of different fruits low in fructose as indicated in this list.